














SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
		 HealthCheck360	 @HealthCheck360	Fresh Start It's a new month! Start today by setting new goals for the next 31 days.	 Curate Your Feed Follow social media accounts that inspire and uplift you and unfollow those that cause stress or negativity.	Did You Know? Depression increases the risk of chronic conditions by 40%. Mental health is important. Seek professional help if needed.
4	5	6  Happy National Nurses Day!	7	8  Get Moving Exercise boosts brain blood flow, nourishing cells and promoting new neural connections. Get your 30 minutes in today!	9 Nourish Your Diet A diet rich in fruits, veggies, whole grains, lean proteins, and healthy fats can provide nutrients for optimal brain function.	10 Challenge Yourself Work towards getting 10k steps in. Break it up by moving throughout the day or by going on a long walk after work.
11  National Women's Health Week In honor of Women's Health Month, ensure the women in your life are up to date on their health screenings.	12 Laugh it Off Laughter helps improve your mental health. Put on a funny movie or catch up with your friends to have a good laugh.	13 Mental health is not a destination, but a process. It's about how you drive, not where you're going. -NOAM SHPANCER	14 Power Up Salmon is rich in brain-boosting omega-3 fatty acids. Check our blog for a family-friendly salmon recipe.	15 Monthly Newsletter Our May Live Well, Work Well Newsletter is on our blog. Get health tips and a new recipe to try!	16  Bike to Work Dust off your bike and take it for a spin today for National Bike to Work Day!	17 Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries. -MARK HALPERIN
18 Mental Activity Keep your brain in shape with activities like crosswords, Sudoku, reading, card games, or puzzles.	19 Practice Gratitude Take time today to journal three things that you're grateful for this week.	20 Rest Up Sleep is vital to brain health. Sleeping 7-8 hours each night can improve your brain and physical health.	21  World Meditation Day Meditation helps clear your head when overwhelmed. Check out Coach Trent's guided meditations on our blog.	22 Step it Up Avoid sitting at your desk for long periods of time. Take 5-10 minutes for a quick walk and a brain break!	23 Take a Break Regularly disconnect from social media to recharge and focus on offline activities.	24 Don't Skip Breakfast Kickstart your day with a delicious breakfast rice bowl recipe from our blog!
25  Take Action Putting off tasks can add to your stress and mess up your plans. Be proactive with your goals to stay ahead!	26  Honoring Memorial Day	27 The key to a healthy life is having a healthy mind. - RICHARD DAVIDSON	28 Set Time Limits Set specific time limits for social media to prevent mindless scrolling, which can harm your mental health.	29  Get Sunshine The sun is a great source of vitamin D. Workout outside or get some gardening done to soak up some rays.	30 Challenge Yourself Have you completed a HealthCheck360 challenge? Share your success with us on social media using #HealthCheck360!	31 Avoid Comparisons Social media shows a highlight reel of people's lives. Focus on your own journey and all you've accomplished this month!