







MINDFUL EATING SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Happy Labor Day	2  A Healthy Start This month we're sharing helpful tips and tricks to eat more intuitively. Follow along to learn more!	3	4 Eat Without Distractions Try to eat your meals without screens or multitasking. Focus on the flavors, textures, and aromas.	5 Partner Up Having trouble sticking to your goals? Find a partner to hold you accountable so you both can succeed.	6 Unplug and Unwind Unplugging is beneficial to your well-being. Leave the phone at home and enjoy being in the moment with family and friends.
7 Take a Moment Take a deep breath and ask yourself: "Am I truly hungry or just bored or stressed?"	8 Long-Term Sustainability Choose diets you can stick with long-term. Ask yourself: Is this realistic for me?	9 Drink Up If you feel hungry, you may just be dehydrated! Aim for eight cups of water a day.	10 World Suicide Prevention Day If you or someone you know is struggling with mental health, call the suicide prevention hotline at 988.	11 Patriot Day Today and every day we remember the fallen victims and their families on 9/11.	12 Health isn't a size—it's a state of being.	13  Gradual Changes Sustainable weight loss is about consistency—aim for 1–2 pounds per week and focus on lasting results.
14 Being healthy is a success that many people forget to celebrate.	15 Stop Before You're Full Halfway through your meal, check in with your body. Are you still hungry?	16 September Newsletter Our Live Well, Work Well Newsletter is ready to download. Check it out on the Healthy Living blog!	17  Good vs. Bad Ditch the good vs bad food labels – all food can fit into a balanced lifestyle.	18 Consider Your Needs What works for one person may not work for you. Always consult a doctor or registered dietitian before starting something new.	19 Nutrition is Key Intuitive eating is about balance—cutting out food groups can lead to nutrient gaps. Focus on variety and nourishment.	20 Rest and Relaxation The weekend is here! Schedule time to rest and recharge so you're ready to tackle Monday.
21  Catch some ZZZ's Your body heals and recharges during sleep. Aim to get at least 7-8 hours of shut eye per night.	22 First Day of Fall Say hello to the new season! Enjoy all the things fall has to offer before the colder winter months ahead.	23 Your body is not a problem to be solved. It's your home—treat it with kindness.	24 Discover Satisfaction Choose foods that truly satisfy you, not just fill you up.	25 30 Minutes You don't need to spend hours in the gym for a good workout— 30 minutes of walking, yoga, or HIIT can make a big impact.	26  Healthy Alternatives Restricting foods can increase cravings. Try swaps like low fat frozen yogurt instead of ice cream!	27 Enjoy Nature Fall's beauty is calling— take your workout outside with a walk, bike ride, or stretch in the crisp air.
28 Move Your Body Have you moved your body this weekend? Just 30 minutes of activity today can boost your energy and mood!	29  World Heart Day World Heart Day reminds us to know our numbers— blood pressure, cholesterol, and blood sugar—to protect heart health.	30 Celebrate Progress September has come and gone. Now is the time to track your progress and look ahead to October!				

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