

# Immune System SEPTEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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**Partner Up**  
Having trouble sticking to your goals? Find a partner to hold you accountable! Meal prep with a friend or grab a gym buddy and try out a new class.

**HAPPY Labor Day**

**Manage Your Stress**  
Lowering your stress levels through meditation, yoga, and exercise can help boost your immune system. Check out our blog for "Guided Meditation to Happiness" today.

**Beat the Bug**  
FREE WEBINAR | 12 PM  
Nobody likes getting sick. From nutrition to sleep, these tips in our Coaching Webinar will help you stay healthy all year long!

**YOUR HEALTH IS AN INVESTMENT, NOT AN EXPENSE.**  
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**Write it Out**  
At the end of your workday, write down tasks for the next day. This will help you prioritize and have a productive morning.

**World Suicide Prevention Day**  
World Suicide Prevention Day is an awareness day to provide worldwide commitment and action to prevent suicide. If you or someone you know is struggling, call the suicide prevention hotline at 988.

**Drink Up**  
Dehydration can make you more susceptible to illness. Be sure to drink plenty of water each day this month!

**Healthy Fats**  
Healthy fats, like those found in olive oil and salmon, may boost your body's immune response to pathogens by decreasing inflammation.

**BEING HEALTHY IS A SUCCESS THAT MANY PEOPLE FORGET TO CELEBRATE.**  
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**Life Gets Busy**  
If you were busy during last week's webinar, no worries! All coaching webinars are recorded and posted on our Healthy Living blog. Check it out!

**Halfway There!**  
You're halfway through September. What progress can you make in the next two weeks to keep working towards your goals?

**Health On-The-Go**  
Download the myHealthCheck360 app to get access to your wellness program anytime, anywhere.

**Rest and Relaxation**  
The weekend is here! Build some time into your schedule to rest and recharge so you're ready to tackle Monday.

**Kick the Habit**  
Smoking can make the body less successful at fighting disease. Kick the habit with support from your family and friends.

**September Newsletter**  
The Live Well, Work Well Newsletter is ready to download. Check it out on the Healthy Living blog.

**Eat Well, Feel Well**  
Eating well provides multiple nutrients that support optimal immune function. Make sure you're getting in plenty of fruits, vegetables, protein, whole grains, and healthy fats for a well-balanced diet.

**A HEALTHY OUTSIDE STARTS FROM THE INSIDE.**  
ROBERT URICH

**First Day of Fall**  
Say hello to a new season! Enjoy all of the fun things fall has to offer before the colder winter months.

**Catch some ZZZ's**  
Scientific evidence shows sleep loss can negatively affect different parts of the immune system. Aim to go to bed at the same time every night!

**Probiotics**  
Gut health and immunity are deeply interconnected. Fermented foods like yogurt and sauerkraut, along with probiotic supplements can give your immune system a boost.

**Sneak in Steps**  
Are you in the middle of a Sunday movie marathon? Take a break and go for a 30-minute walk. A simple walk can do wonders for your health and mood.

**Build a Connection**  
Take some time this week to enjoy some face-to-face interaction. Drop into a workout class, call a friend for lunch, or stop over to a family member's house.

**Enjoy Nature**  
Fall is the perfect time to get outside and enjoy the changing season. Go for a bike ride, a long walk, or take your workout outside.

**Live Healthy**  
Immunity is your body's defense against foreign organisms. Taking care of yourself helps your immune system take care of you.

**World Heart Day**  
World Heart Day educates people to control their risk factors for heart disease and stroke. Know your numbers so you can keep your blood pressure, cholesterol, and blood sugar levels in check.

**Track Your Progress**  
September has come and gone. Now is the time to track your progress and look ahead to October.

SHARE YOUR STORY & INSPIRE OTHERS

