







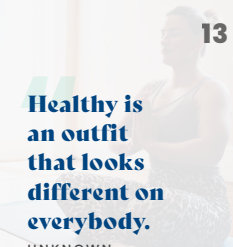


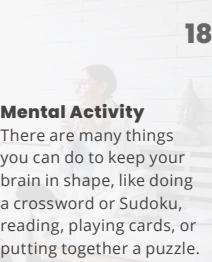



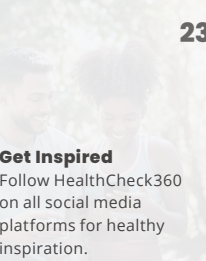

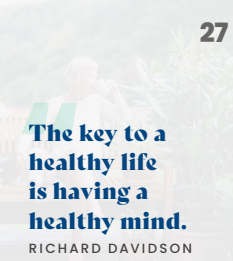







Brain Health MAY

**Your
Success
is Our
Success**

SHARE YOUR STORY
& INSPIRE OTHERS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Hello May Welcome to a new month and a new opportunity to reach your goals. We're excited to see all that you accomplish this month.	2  Tracking Tuesday There are so many things you can use the HealthCheck360 app for. Track food, water, activity, weight, sleep, and more. Log your success today!	3  Food to Fuel Your Mind FREE WEBINAR 12 PM They say you are what you eat, but what you eat also affects how you think. Join us today to learn the best foods to eat to keep your brain healthy!	4  Brain Food Filling your diet with fruits, vegetables, and nuts is an excellent way to improve your mental health. Find a new healthy recipe on the HealthCheck360 blog.	5 Mental Health Matters People who struggle with depression are at a 40% higher risk of developing chronic conditions like heart disease. Seek professional help if you are struggling.	6  HAPPY NATIONAL NURSES DAY
7 Motivation Straight to Your Inbox Want more tips and motivation? Subscribe to our blog to get the latest from HealthCheck360.	8  Meal Prep Take some time to plan meals for the week and prepare them early. Then, you'll have healthy meal options ready to go.	9  Clear Your Mind Meditation is a helpful practice when you feel overwhelmed and need to clear your head. Follow Coach Trent's guided meditations on our blog.	10  Challenge Yourself Work towards 10k steps today. You can break it up by moving throughout the day or going on a long walk after work.	11  Stay Hydrated Add fruit or cucumber to your water today to switch it up and keep you on track to hit your daily water intake.	12 Laugh it Off Did you know that laughter helps reduce the effects of anxiety? Put on a funny movie or catch up with friends to have yourself a good laugh.	13  Healthy is an outfit that looks different on everybody. UNKNOWN
14 Weekend Wellness Adding yoga to your routine can help clear your mind and focus on your breathing. Check out the Yoga for Stress Relief post on our blog to get step-by-step instructions.	15  Power Up Salmon is full of omega-3 fatty acids, which have been known to be highly beneficial to the brain. Visit our blog for a salmon recipe both you and your family will love.	16  May Newsletter The May Live Well, Work Well Newsletter is on our blog. Get health tips and a new recipe to try!	17 Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries. MARK HALPERIN	18  Mental Activity There are many things you can do to keep your brain in shape, like doing a crossword or Sudoku, reading, playing cards, or putting together a puzzle.	19  Practice Gratitude Take time today to journal 3 things you're grateful for. The HealthCheck360 app has a journaling tool you can use.	20  Rest Up Sleep is vital to brain health, including cognitive function. Sleeping on average 7-8 hours each day is related to better brain and physical health.
21 Make the Most of Your Time If you're always running out the door, it's easy to feel stressed. Save time with preparation. Pick out your outfit, meals, and workout the night before.	22  Don't Skip Breakfast Try a tasty breakfast of eggs, sprouted-grain toast, and smashed avocado. Visit our blog for an avo-egg recipe!	23  Get Inspired Follow HealthCheck360 on all social media platforms for healthy inspiration.	24 Time to Take Action Putting off tasks can add to your stress and mess up your plans. Be proactive with your goals to stay ahead!	25  Move Your Body Studies have found you can improve your memory and brain function with consistent exercise. Try to get in 30 minutes of movement today.	26 Dance it Out If you're working around the house or yard, put on your favorite playlist! Moving to the beat helps increase your endorphins, the feel-good hormone.	27  The key to a healthy life is having a healthy mind. RICHARD DAVIDSON
28 The Secret to Success If you're working towards a health goal or building resiliency, the key is consistency. Do something every day to work towards your goal.	29  Get some Sunshine The sun is an incredible source of vitamin D. Take your 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! Find a new challenge in the HealthCheck360 app.	31  Goodbye May Before you start a new month, look back on all that you have accomplished. We are so proud of you!	 @HealthCheck360  @healthcheck360  HealthCheck360		