

# Prioritizing Well-being SEPTEMBER

Your  
Success  
is Our  
Success

SHARE YOUR STORY  
& INSPIRE OTHERS



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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### Get Active

Regular physical activity helps you feel better, sleep soundly, and reduce anxiety. Add movement into your day to boost your overall health.

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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 a new class.

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### Coaching Webinar

Join us today as Coach Shelby discusses tips from some of the healthiest people around the world and how they prioritize well-being in their lives!

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### Manage Your Stress

Lowering your stress levels through meditation, yoga, and other practices can help your immune system function properly. Check out our blog for "Guided Meditation to Happiness" today.

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**Your health is an investment, not an expense.**



### Drink Up

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

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### World Suicide Prevention Day

This 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.



### 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.

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### Healthy Fats

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

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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 now.

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### September Newsletter

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

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### Make an Appointment

No one likes going to the doctor, but it's important to schedule regular screenings and physicals as you age. Call your doctor today to schedule your next visit.

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### Rest and Relaxation

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

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**Being healthy is a success that many people forget to celebrate.**

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### Kick the Habit

It's not rocket science, but smoking carries with it a very high risk of premature death. Kick the habit with support from your family and friends.

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### Stay Connected

Friendships and connection with others are vital for our health and longevity. Reach out to a friend or family member today and plan a lunch date!

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### Catch some ZZZ's

Your body heals and recharges during sleep, so it's important to get at least seven to eight hours of shut-eye per night.

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### Eat Well, Feel Well

Eating well helps support optimal health. Make sure you're getting plenty of fruits, vegetables, lean protein, whole grains, and healthy fats for a well-balanced diet.

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**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.

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### 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.

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### Stress Management

Finding your Zen can be hard, especially when going through stressful times. Find a healthy outlet for stress relief like exercise, long walks, reading, or meditation.

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### Limit Processed Foods

Highly processed foods might be tasty in a pinch, but they're terrible for your health. Stick to healthy whole foods for a well-balanced diet.

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### Enjoy Nature

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

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### Live Healthy

Immunity is your body's defense against foreign organisms. Taking care of yourself will help your immune system take care of you.

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### 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 bloodsugar levels in check.

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### Track Your Progress

September has come and gone. Now is the time to track your progress and look ahead to October!