

# August 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p><b>1</b></p> <p>Take time to set your intention for the month. How will you be well?</p>
<p><b>2</b></p> <p>Adults should get 7-9 hours of sleep per night. Prioritize an early bed time to start the week feeling energized!</p>	<p><b>3</b></p> <p>Start your day with wholesome oats! Oatmeal is high in fiber and will help you power through your morning.</p>	<p><b>4</b></p> <p>We can control our response to stress. <a href="#">Try this 5 minute meditation</a> at any point during your day.</p>	<p><b>5</b></p> <p>Grab a friend and get out for some physical activity today! Small steps lead to big change!</p>	<p><b>6</b></p> <p>Maximize your physical and mental wellbeing by staying hydrated. <a href="#">How much water do you need daily?</a></p>	<p><b>7</b></p> <p>Start your day by writing down 3 things you are grateful for.</p>	<p><b>8</b></p> <p>Don't forget the sunscreen this weekend! Reapply every 2 hours.</p>
<p><b>9</b></p> <p>Do one thing today that makes you happy!</p>	<p><b>10</b></p> <p><b>Don't forget to complete your return to work module and daily self-screen before coming to campus.</b></p>	<p><b>11</b></p> <p>Try having at least one walking meeting this week.</p>	<p><b>12</b></p> <p>Make half of your grains whole for more protein, fiber, and vitamin B.</p>	<p><b>13</b></p> <p>Interested in switching up your fitness routine, <a href="#">try an online TRECS class.</a></p>	<p><b>14</b></p> <p>Add some color to your barbeque session. <a href="#">These grilled veggies are bound to be a hit.</a></p>	<p><b>15</b></p> <p><a href="#">Get outside and check out one of the many beautiful parks in and around Knoxville this weekend!</a></p>
<p><b>16</b></p> <p>Meal prepping is a great way to save time and eat healthier throughout the week. <a href="#">Check out these tips!</a></p>	<p><b>17</b></p> <p>Take a stretch break today!</p>	<p><b>18</b></p> <p><a href="#">Active Health Lunch &amp; Learn – 12pm</a></p>	<p><b>19</b></p> <p>Reduce your sodium by taking a look at your food labels and using sodium-free spices to flavor your meals.</p>	<p><b>20</b></p> <p>Set yourself calendar reminders to get up and moving once every hour!</p>	<p><b>21</b></p> <p>Kindness is contagious. Do something nice for someone today!</p>	<p><b>22</b></p> <p>Summer squash is in peak season. Try out this <a href="#">zucchini-pesto pizza</a> for dinner tonight!</p>
<p><b>23</b></p> <p>Try something new this week! A new recipe, exercise, book, or route to work.</p>	<p><b>24</b></p> <p>LinkedIn Learning offers many job-specific professional development opportunities. <a href="#">Log-in here.</a></p>	<p><b>25</b></p> <p><a href="#">Healthy Lifestyles- 12pm</a> <a href="#">Employee Fitness Class—5:30pm</a></p>	<p><b>26</b></p> <p>The 360 rule: Stand up/move for 3 minutes every 60 minutes to break up your time spent sitting down.</p>	<p><b>27</b></p> <p>Ground yourself in the present moment with this <a href="#">mindful meditation.</a></p>	<p><b>28</b></p> <p>Try to minimize your waste today by using a reusable coffee cup, water bottle, and lunch container.</p>	<p><b>29</b></p> <p>Ask a friend to meet you at the park for walking coffee date!</p>
<p><b>30</b></p> <p>Wind down the weekend with a good book.</p>	<p><b>31</b></p> <p>Reflect on the highs and lows of the month. Be sure to celebrate your successes no matter how big or small.</p>					