

October 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Flu Shots @ TRECS	2 Virtual Nutrition Lunch & Learn 12pm-1pm	3 Give your breakfast a boost with whole fruit! Try adding blueberries, strawberries, or banana to your favorite breakfast foods.
4 Meal prepping can save you time during the week. Try prepping all of your healthy snacks for the week.	5 Try taking a 20 minute walk after dinner to promote digestion.	6 Grab a colleague and head outside for a socially-distant walking break.	7 Healthy Lifestyles General Session #2 Begins!	8 Virtual Mindful Meditation Session 12pm-1pm	9 Virtual Nutrition Lunch & Learn 12pm-1pm	10 Make the switch to low-fat or fat-free milk. You still get the same nutrients minus the extra calories and saturated fat.
11 Practice gratitude. What are three things you are thankful for?	12 Struggling with time? Become more efficient with the Pomodoro Technique!	13 Tis the season for pumpkins! These healthy pumpkin muffins are sure to please a crowd.	14 Avoid bright lights 1 -2 hours before bedtime. Try turning the brightness down on your devices if you have to be on them before bed.	15 Virtual Healthy Cooking Class 6pm-7pm	16 Virtual Nutrition Lunch & Learn 12pm-1pm	17 Connect with others. Meet up with friends for a socially distant picnic or call a loved one you haven't spoken with in a while.
18 Use this tool to help you create a healthy grocery list: https://choosemyplate-prod.azureedge.net/sites/default/files/budget/	19 Start your week off by doing one small act of kindness for someone else.	20 Flu Shots @ Thompson Boling	21 Virtual Employee Fitness Class (Yoga) - 6pm-7pm	22 Virtual Mindful Meditation Session 12pm-1pm	23 Virtual Nutrition Lunch & Learn 12pm-1pm	24 Try something new! Switch up your exercise by trying a new location, route, or activity.
25 Take a tech timeout! Spend some time today away from the screen.	26 Did you know that physical activity promotes sleep? Even 10 minutes of walking can improve sleep quality.	27 Look for "reduced sodium", "low-sodium", or "no salt added" when shopping for canned goods.	28 Feeling stressed? Take a few minutes to try one of these techniques to tune in and relax.	29 Power up with protein! Choose lean or low-fat cuts of meat. You can also get protein from plant-based foods too!	30 Virtual Nutrition Lunch & Learn 12pm-1pm	31 Happy Halloween! Fill up with a healthy meal before indulging in your favorite candy.