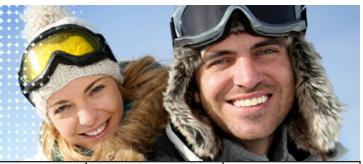
focus on good



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	February 1 February is heart awareness month. Have regular checkups and know your numbers (weight, blood pressure, cholesterol and blood sugar).	2 Have you seen your RMT lately? There's nothing like a good massage to relieve both physical and mental stress.	3 Create a weekly eating plan to take the guess work out of meal preparation.	4 Go for a walk, jog or run BEFORE you go to work today.	Open yourself up to a new experience. Consider taking a day trip somewhere new or sign up for a new class.	6 Step outside of your comfort zone by committing yourself to projects that involve public speaking, writing or anything else that you might find challenging.
7 Stock up on frozen fruit and vegetables so that you always have them on hand when preparing meals.	8 Eat from small plates, bowls and cups to help manage portion control.	9 Challenge yourself to plank for 30-60 seconds today and for the next 21 days. Be mindful of your alignment and remember to breathe!	Befriend your slow cooker! Cooking with one is easy, and you can create large batches of healthy and inexpensive meals.	Love coffee? Drink it black and before you work out. It'll give you an extra boost and will help to burn more fat.	Pack an extra gym bag and keep it in the car on your passenger seat. The reminder will get you there:)	Fill half your plate with vegetables for lunch and dinner, and then make sure you eat the vegetables first.
Set an alarm an hour before bed as a reminder to begin your bedtime routine.	Lower your thermostat before to go to bed to about 65F (18C) for a better night's sleep.	Feeling under the weather? Consume honey for a sore throat, garlic when fighting a cold, boost your immune system with coconut oil and use ginger for a stuffy nose.	17 Book challenge! How many can you read in 2016?	Help to detox your liver by eating beets! They are a good source of folate, potassium, dietary fiber, magnesium, vitamin B6, C and iron.	19 Stop and look at yourself. Take time to recognize signs of stress like anger, fatigue and poor quality sleep.	20 Smile. Spring is only one month away!
Use stress as a teacher. In crisis, make time to think about what changes are necessary to make things better.	22 Reduce your sodium intake for the next 7 days. Your heart will thank you!	23 Block off 15-30 minutes each day for unexpected events. The extra time could save you a lot of stress.	24 Achy? Try foam rolling or using a sport ball to knead out tired and sore muscles and ligaments.	25 Change your mood by moving. If you find yourself stuck in a negative mindset, change your environment (and your perspective) by going for a walk.	26 Simmer water with lemon slices, whole cloves and cinnamon sticks for 30 minutes on the stove to create a more fragrantly fresh home.	27 Listen to your body. If something doesn't feel right, seek out a medical professional.
28 Inject more happiness into your day today by spending time with your friends or family, enjoying your favorite meal, or by getting outside.	What was your favorite moment this February? Reflect, enjoy and carry that energy into the coming months.					