

# focus on good health



FocusOnGoodHealth.com is an EXIT Realty Health and Wellness Initiative

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|  | <b>February 1</b><br>February is heart awareness month. Have regular checkups and know your numbers (weight, blood pressure, cholesterol and blood sugar). | <b>2</b><br>Have you seen your RMT lately? There's nothing like a good massage to relieve both physical and mental stress.  | <b>3</b><br>Create a weekly eating plan to take the guess work out of meal preparation.  | <b>4</b><br>Go for a walk, jog or run BEFORE you go to work today.   | <b>5</b><br>Open yourself up to a new experience. Consider taking a day trip somewhere new or sign up for a new class.                            | <b>6</b><br>Step outside of your comfort zone by committing yourself to projects that involve public speaking, writing or anything else that you might find challenging. |
| <b>7</b><br>Stock up on frozen fruit and vegetables so that you always have them on hand when preparing meals.   | <b>8</b><br>Eat from small plates, bowls and cups to help manage portion control.  | <b>9</b><br>Challenge yourself to plank for 30-60 seconds today and for the next 21 days. Be mindful of your alignment and remember to breathe!                                   | <b>10</b><br>Befriend your slow cooker! Cooking with one is easy, and you can create large batches of healthy and inexpensive meals. | <b>11</b><br>Love coffee? Drink it black and before you work out. It'll give you an extra boost and will help to burn more fat.                                | <b>12</b><br>Pack an extra gym bag and keep it in the car on your passenger seat. The reminder will get you there :)                              | <b>13</b><br>Fill half your plate with vegetables for lunch and dinner, and then make sure you eat the vegetables first.   |
| <b>14</b><br>Set an alarm an hour before bed as a reminder to begin your bedtime routine.  | <b>15</b><br>Lower your thermostat before to go to bed to about 65F (18C) for a better night's sleep.  | <b>16</b><br>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. | <b>17</b><br>Book challenge! How many can you read in 2016?  | <b>18</b><br>Help to detox your liver by eating beets! They are a good source of folate, potassium, dietary fiber, magnesium, vitamin B6, C and iron.          | <b>19</b><br>Stop and look at yourself. Take time to recognize signs of stress like anger, fatigue and poor quality sleep.                        | <b>20</b><br>Smile. Spring is only one month away!   |
| <b>21</b><br>Use stress as a teacher. In crisis, make time to think about what changes are necessary to make things better.                              | <b>22</b><br>Reduce your sodium intake for the next 7 days. Your heart will thank you!   | <b>23</b><br>Block off 15-30 minutes each day for unexpected events. The extra time could save you a lot of stress.   | <b>24</b><br>Achy? Try foam rolling or using a sport ball to knead out tired and sore muscles and ligaments.                         | <b>25</b><br>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. | <b>26</b><br>Simmer water with lemon slices, whole cloves and cinnamon sticks for 30 minutes on the stove to create a more fragrantly fresh home. | <b>27</b><br>Listen to your body. If something doesn't feel right, seek out a medical professional.  |
| <b>28</b><br>Inject more happiness into your day today by spending time with your friends or family, enjoying your favorite meal, or by getting outside. | <b>29</b><br>What was your favorite moment this February? Reflect, enjoy and carry that energy into the coming months.                                     |   |  |  |   |  |