

Healthy Living —September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 National Childhood Obesity Month Take action by engaging in activities that promote healthy eating and physical activity.	2 Friday Family Fitness: Take time before or after dinner to go on a walk, bike ride, or play a sport like tennis or basketball as a family.	3 The standard recommendation of water intake is eight 8-ounce glasses of water each day. Replace sugary drinks like soda and juice with
4 Sunday is a great day to identify available exercise time slots for the upcoming week. Try to find at least three 30-minute time slots.	5 Labor Day Check out our Healthy Labor Day Recipe: Grilled Eggplant Panini	6 Check out <i>Lets Move!</i> For ideas on how to get your family to eat healthier and be more active.	7 Try the Y's Free Morning Boot Camp at 5:45 am or Zumba Toning at 11:00 am	8 Check out the Free Demo for Tots Itsy Bitsy Yoga today at 11:30 or Zumba Toning at 7:30 pm	9 Friday Family Fitness: Take time before or after dinner to go on a walk, bike ride, or play a sport like tennis or basketball as a family.	10 Fall I Session starts today, check out the variety of the exercise programs that the YMCA offers.
11 Join the Travis Manion Foundation as they run to honor our Heroes. The 5K run takes place in Swampscott at 11:00am.	12 Remember to celebrate the strides you have made to eat healthier and exercise more, no matter how small or large.	13 Turn the TV off during mealtimes.	14 Try to focus on eating small meals through the day to keep your body fueled properly.	15 Plan an adventure! Rock climbing, mountain biking, while water rafting; these are fun and challenging pursuits that work your whole body.	16 Friday Family Fitness: Take time before or after dinner to go on a walk, bike ride, or play a sport like tennis or basketball as a family.	17 Make your yard into an obstacle course by jumping, crawling, and dodging objects, you can get a full body workout and have fun.
18 Healthy lunches have at least 3-4 of the food groups; that means including fruits and vegetables into your lunch.	19 Plan your lunches and dinners for the week. When you have a plan, you are more likely to eat healthier.	20 Get extra exercise in by washing you car instead of going to the carwash.	21 National Backpack Awareness Day.	22 Celebrate World Car-Free Day by walking or riding where you need to go.	23 Friday Family Fitness: Take time before or after dinner to go on a walk, bike ride, or play a sport like tennis or basketball as a family.	24 Family Health & Fitness Day USA
25 Count the number of Flights of stairs you take today. Can you do more tomorrow?	26 Don't forget breakfast! Studies show that eating breakfast helps you to make healthier eating choices throughout the day.	27 When watching TV, exercise during the commercials. Try to hold a plank for a commercial or do sit-ups for the whole commercial break.	28 Exercise has been proven to help you sleep better and reduce stress.	29 World Heart Day! Keep your heart healthy by maintaining a healthy diet and exercising regularly.	30 Friday Family Fitness: Take time before or after dinner to go on a walk, bike ride, or play a sport like tennis or basketball as a family.	

Websites to Checkout

www.healthierkidsbrighterfutures.org

www.letsmove.org



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