



24-7 Wellness November 2020

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A year of celebration as Dunk achieves 20 years in business! Join us each week in 2020 as we focus and celebrate wellness. Well at work, home, play and life! Every day of the week we focus on a different aspect of wellness; exercise, eating, mental health, caring for others, safety, environment, and one day is celebration! 2020 is about creating wellness in our life. Take this journey with Dunk and celebrate your wellness! Be sure to tag us on Instagram or Facebook using **#dunkwellness2020** or even send us an email showing and celebrating with us what you have achieved.

SUNDAY Eating	MONDAY Safety	TUESDAY Mental Health	WEDNESDAY Exercise	THURSDAY Caring for Others	FRIDAY Celebration	SATURDAY Environment	IDEAS FOR CELEBRATION
<div>1</div> Whip up a COMFORTING pot of soup, making sure to include tons of veggies. The great part about soup is that it can be frozen and taken out for an easy, healthy meal during the week. Maybe even drop off a jar at your neighbour's house?	<div>2</div> Talk to your DOCTOR about recommended vaccines, booster and flu shots and be sure to get them. This not only protects you but those around you as well.	<div>3</div> EDIT YOUR PLAYLIST. Some music can be violent, racist, homophobic or just not good for you. Be mindful of the impact that this music may be having on your mental health and consider whether it's worth listening to or not.	<div>4</div> Research shows that intense, prolonged workouts suppress the body's immune response. Make sure you PACE your workout routine throughout the week by including less intense workouts as well which are often referred to as active recovery. This can be taking a walk, doing yoga etc.	<div>5</div> During COLD AND FLU season, consider replacing that traditional handshake with alternatives such as waving, folded hands with a bow or nodding. Hands easily pass along germs, viruses and infections.	<div>6</div> Celebrate the weekend by watching a FUNNY movie or TV show when you get home. Feel free to laugh as hard or as loud as you want. Laughter is proven to decrease stress hormones while increasing immune cells and infection-fighting antibodies.	<div>7</div> LOAD UP on cleaning supplies and sanitizers to disinfect your house this flu season. Read your sanitizers' labels to make sure they are effective. When in doubt use bleach, alcohol-based solutions or ammonia but never mix these chemicals.	<div></div> <div>Each week we celebrate! But, how can you celebrate?</div> <div><ul style="list-style-type: none">• Say thanks!• Write a special note, make a phone call, or send an email.• Share something on social media to show your appreciation.• Pay it forward with a good deed.• Reflect inwardly.• Treat yourself or another person.</div> <div>Other ideas? Do what works for you and remember you can share them with us to include in next month's ideas!</div> <div></div>
<div>8</div> Add some MUSHROOMS into your winter recipes. Mushrooms contain antiviral and antibacterial properties, which can help fight infections. They also provide protein, vitamin C and iron.	<div>9</div> VIRUSES such as the flu or common cold can easily enter our bodies by touching an infected surface and then touching our face. Avoid touching your face as much as possible. Consider building up a habit such as touching your arm or leg when you have the urge to touch your face or fold your hands together.	<div>10</div> ARE YOU GETTING ENOUGH SLEEP? Healthy sleep habits are vital for mental health and can help boost your immune system. Evaluate your sleep schedule and adjust as needed.	<div>11</div> Take your WORKOUT outdoors with a brisk walk. Spending time outside allows your body to convert Vitamin D from sun exposure, which helps strengthen your immune system. <div>Remembrance Day</div>	<div>12</div> Many people with compromised immune systems, such as the elderly, practice SOCIAL ISOLATION during the flu season. If you know someone who may be avoiding going outside right now, consider checking in on them. Maybe a phone call or text to see how they're doing and if they need anything.	<div>13</div> Celebrate the LITTLE THINGS in life by wrapping yourself in a warm blanket. Make sure you are tucked in as studies have shown that having cold hands or feet reduces the supply of white blood cells, which is your immune system's first line of defense against infections.	<div>14</div> The next time you need to buy that box of facial tissue for the cold and flu season, consider buying a brand made from RECYCLED paper fiber.	
<div>15</div> SWITCH OUT your morning coffee for a cup of herbal tea instead. There are many types of herbal tea that are beneficial to us. Lemon can help calm the nerves while green tea and chamomile can help strengthen the immune system.	<div>16</div> Cold and flu season is upon us. Are you PREPARED for it? Do you have medications in supply? Have you invested in a good thermometer? Get prepared now.	<div>17</div> HYDRATION is a key to a strong immune system. Drink your water every day. Warm it up and add some lemon for vitamin C.	<div>18</div> If walking outdoors is not an option, head to your local mall and GET YOUR STEPS (and maybe complete some errands) in there.	<div>19</div> MAKE your own bookmarks and leave them in library books for others to find. Consider using inspiring or uplifting quotes.	<div>20</div> Celebrate Friday by having a NIGHT IN . Feel free to invite a friend or family member over for a game night or some takeout, or even just enjoy a night to yourself.	<div>21</div> REMOVE toxins from your body to help maintain a strong immune system. Increase your water intake, up the amount of fibre you are eating and exercise!	
<div>22</div> Add some SWEET POTATO to your diet. Diced sweet potatoes can be put in soups, chilis, or simply baked with some butter or brown sugar. Sweet potato is not only delicious but also is a great antioxidant that can help reduce inflammation.	<div>23</div> Did you know that viruses and bacteria can live in the mud and debris that get stuck to your SHOES ? Keep a clean doormat outside every entrance to your home and take your shoes off as soon as you enter the house. If you like to wear shoes inside, consider designating a pair of shoes for strictly inside.	<div>24</div> November is a DARKENING month. Try and brighten up your space by opening the curtains to let natural light in or adding some bright colours to your décor or even your wardrobe.	<div>25</div> Try a new WINTER SPORT such as skiing or snowshoeing. Make sure you properly bundle up before going outside!	<div>26</div> Show your APPRECIATION to your service workers today. Maybe that's throwing an extra dollar in the tip jar at your local coffee shop or leaving a positive note on a comment card.	<div>27</div> Celebrate the fact that there are such things as HEALTHY FATS in the world by having some tonight! Healthy fats can be found in food like olive oil and salmon. They can boost the body's immune response to pathogens by decreasing inflammation.	<div>28</div> If you're already getting a head start on that HOLIDAY BAKING , ditch the disposable aluminum tins and invest in some metal or ceramic baking pans that you can reuse for many holidays parties to come!	
<div>29</div> Eat some POMEGRANATE SEEDS , maybe added to some yogurt or in your morning smoothie. Pomegranate is high in polyphenols, which can improve heart health, fight infection, and improve memory.	<div>30</div> Regularly SANITIZE your phone and keep those hidden germs away from your face. Check your phone's brand as some phones can be easily disinfected using a wipe while others may need to be disinfected using a UV sanitizer.	