

24-7

Wellness

February 2019

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WELLNESS
ONE DAY
AT A TIME

Presented by Systems 24-7

Use this calendar to follow along with daily goals and weekly wellness challenges! Check off when you have met a daily goal or weekly challenge. Be sure to tag us on instagram or facebook using #dunkwellness2019 or even send us an email showing that you have completed the challenge for the day!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div><div>1</div><div>February is heart month. Start it off right by going for a 30-minute WALK. Can't find 30 minutes? Do 10 minutes, 3 times.</div><div><div></div>Goal Achieved!</div></div>
<div><div>3</div><div>READ SOMETHING NEW today. An article, a magazine, or a chapter of your favourite book.</div><div><div></div>Goal Achieved!</div></div>	<div><div>4</div><div>February can get cold. Warm up today with a BOWL OF SOUP. Make sure it has some veggies in it!</div><div><div></div>Goal Achieved!</div></div>	<div><div>5</div><div>Learn to SAY NO! You don't have to say yes to everything. Learn to say no to help your stress levels. Say 'no' to something today! Maybe it's that sugary donut!</div><div><div></div>Goal Achieved!</div></div>	<div><div>6</div><div>SKIP THE CAFFEINE today. Think you can do it? No caffeinated teas, sodas, or coffee...for an ENTIRE day...</div><div><div>Share with us</div><div>Challenge Completed!</div><div><div>f</div><div>in</div><div>@</div></div></div></div>	<div><div>7</div><div>Make use of your GYM membership! Go to the gym TODAY. No membership? Try a YouTube workout video.</div><div><div></div>Goal Achieved!</div></div>	<div><div>8</div><div>Add some CINNAMON to your day. To your tea, coffee, yogurt, or apples. Cinnamon helps reduce stress and is helpful in relieving digestive complaints.</div><div><div></div>Goal Achieved!</div></div>	<div><div>9</div><div>Don't spend money today on food! CLEAN OUT THE FRIDGE or pantry and eat what you have.</div><div><div></div>Goal Achieved!</div></div>
<div><div>10</div><div>Review your GROCERY LIST. If you don't buy those salty or sweet unhealthy snacks, you won't eat them.</div><div><div></div>Goal Achieved!</div></div>	<div><div>11</div><div>Financial wellness - do you have the best phone plan, internet plan, or cable plan out there? Check what's new and try to SAVE.</div><div><div></div>Goal Achieved!</div></div>	<div><div>12</div><div>GREEN DAY. Every hour, take a moment to look around you and see if you can spot something green. You have to find something different each time though. Maybe it's the shirt that a customer was wearing. Or maybe it's the fake plant that your co-worker keeps on her desk.</div><div><div></div>Goal Achieved!</div></div>	<div><div>13</div><div>Today, do a RANDOM ACT OF KINDNESS. Being compassionate not only helps other people, but also makes you happy and healthier. Smile at a stranger at the store. Buy your co-worker their favourite snack. Compliment a friend.</div><div><div>Share with us</div><div>Challenge Completed!</div><div><div>f</div><div>in</div><div>@</div></div></div></div>	<div><div>14</div><div>HAPPY VALENTINE'S DAY! Today, treat yourself to a small indulgence. Have a latte instead of a regular coffee, or a coffee and a cookie.</div><div><div></div>Goal Achieved!</div></div>	<div><div>15</div><div>On your commute home today, try doing it in SILENCE. Turn off the radio or your iPod and take the time to reflect on your day.</div><div><div></div>Goal Achieved!</div></div>	<div><div>16</div><div>It's the weekend and you deserve a SLEEP IN. Hit that snooze alarm one more time and enjoy the slower pace of the weekend morning.</div><div><div></div>Goal Achieved!</div></div>
<div><div>17</div><div>Research the benefits of APPLE CIDER VINEGAR and find out how you can implement this into your diet to get the benefits.</div><div><div></div>Goal Achieved!</div></div>	<div><div>18</div><div>Happy FAMILY DAY! Make sure to connect with a loved one today. Pick up the phone or stop on by and let them know how much they mean to you.</div><div><div></div>Goal Achieved!</div></div>	<div><div>19</div><div>Drop off a CANNED FOOD item at a food shelter on your way home. Some grocery stores even have bins right there you can drop cans off in.</div><div><div></div>Goal Achieved!</div></div>	<div><div>20</div><div>THANK YOU, THANK YOU! All day long, say thank you. Be grateful and fill your day with thanks. The goal, 10 'Thank You's'!</div><div><div>Share with us</div><div>Challenge Completed!</div><div><div>f</div><div>in</div><div>@</div></div></div></div>	<div><div>21</div><div>EXERCISE during commercial breaks. Squats, crunches, arm circles, etc. Utilize those commercials during your favourite TV show.</div><div><div></div>Goal Achieved!</div></div>	<div><div>22</div><div>FRUIT FRIDAY - Try having a piece of fruit with each meal today.</div><div><div></div>Goal Achieved!</div></div>	<div><div>23</div><div>Take a few hours for yourself today. Enjoy a bubble bath, see a movie by yourself. ENJOY YOU.</div><div><div></div>Goal Achieved!</div></div>
<div><div>24</div><div>Get ONE THING done on your 'To Do' list. Clean the car. Organize the garage. Purge your closet. Today, just get it done!</div><div><div></div>Goal Achieved!</div></div>	<div><div>25</div><div>DEEP BREATHS. Every hour, stop for a minute and take a big, deep breath, and then slowly let it out. With it, let any stress or anxiety that may have built up in that hour go.</div><div><div></div>Goal Achieved!</div></div>	<div><div>26</div><div>Track your CALORIE intake today; how many calories are you actually putting in your body? Be prepared to be shocked!</div><div><div></div>Goal Achieved!</div></div>	<div><div>27</div><div>PINK SHIRT DAY. Workplace violence should not be tolerated. Wear a pink shirt today to show support against workplace bullying. Share your pictures with us to help spread awareness.</div><div><div>Share with us</div><div>Challenge Completed!</div><div><div>f</div><div>in</div><div>@</div></div></div></div>	<div><div>28</div><div>EAT BREAKFAST TODAY! You should eat it every day but if you usually don't, try it today. Focus on proteins (eggs) and health fats (avocadoes); these keep you feeling full.</div><div><div></div>Goal Achieved!</div></div>		