MM
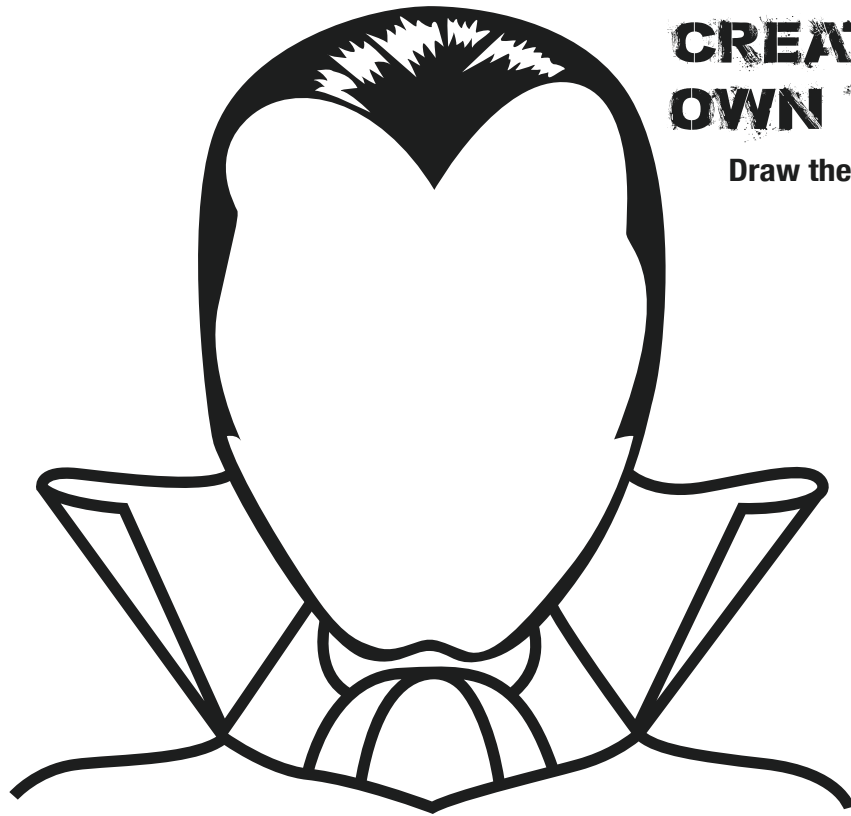## YOUR MONTHLY MOTTO:

"Just Breathe"

24-7 **Wellness**

My Monthly Goals:

1 _____

2 _____

3 _____

4 _____

Strive for 150 minutes of exercise per week! This is according to the Canada Movement Guidelines.

5 _____

CREATE YOUR OWN VAMPIRE
Draw the face and colour.

WELLNESS CALENDAR

f **Facebook@Systems247**

in **Linkedin@Systems 24-7**

◎ **Instagram@Dunk247**

◀◁▷ **SYSTEMS24-7**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Allow your mind to get some rest after a long day at work with this month's Halloween activity seen here. Each month will have a new activity for you to enjoy. *Want to be featured in our newsletter, share your completed activity with us on social media, or email it in to communications@systems24-7.com*					**01** Improve your body language. *National Body Language Day* □⚡ □MM ◊◊◊◊	**02** Write your monthly goals. □⚡ □MM ◊◊◊◊
03 Try foods from different cultures. □⚡ □MM ◊◊◊◊	**04** Wake up early to see the sunrise. □⚡ □MM ◊◊◊◊	**05 ●** Try using coconut oil instead of butter for a healthy alternative. □⚡ □MM ◊◊◊◊	**06** Drink water when you get up to help activate your internal organs. □⚡ □MM ◊◊◊◊	**07** Do some fall decorating. □⚡ □MM ◊◊◊◊	**08** Do Yoga to improve balance, flexibility, strength and tranquility. □⚡ □MM ◊◊◊◊	**09** Do something that makes you happy. □⚡ □MM ◊◊◊◊
10 Get rid of negative relationships. *World Mental Health Day* □⚡ □MM ◊◊◊◊	**11** Relax and enjoy the holiday. *Thanksgiving Day* □⚡ □MM ◊◊◊◊	**12 ◑** Dispose of any expired medications at an approved collection site. □⚡ □MM ◊◊◊◊	**13** Cancel subscriptions you aren't using anymore. □⚡ □MM ◊◊◊◊	**14** Avoid drinking sugary drinks today. □⚡ □MM ◊◊◊◊	**15** Get a massage. □⚡ □MM ◊◊◊◊	**16** Take a hike to see all the changing leaves of fall. □⚡ □MM ◊◊◊◊
17 Get creative and do a craft. □⚡ □MM ◊◊◊◊	**18** Finish a monthly goal. □⚡ □MM ◊◊◊◊	**19 ○** Stop taking on other people's problems. □⚡ □MM ◊◊◊◊	**20** Go through your closet and donate any winter clothes you aren't going to wear this year. □⚡ □MM ◊◊◊◊	**21** Repeat the monthly motto 3 times. □⚡ □MM ◊◊◊◊	**22** Spend time with your pets. □⚡ □MM ◊◊◊◊	**23** Smile at a stranger, it could help change their day. *National Make a Difference Day* □⚡ □MM ◊◊◊◊
24 Video chat with friends and family. □⚡ □MM ◊◊◊◊	**25** Meatless Monday. Try Walnuts, rich in protein and a great meat substitute. □⚡ □MM ◊◊◊◊	**26** Re-shift your focus to enjoyable things in life. □⚡ □MM ◊◊◊◊	**27** Rediscover an old hobby. □⚡ □MM ◊◊◊◊	**28 ◐** Drink water 30 minutes before a meal to help digestion. □⚡ □MM ◊◊◊◊	**29** Get at least 30 minutes of cardio. □⚡ □MM ◊◊◊◊	**30** Finish your monthly goals. □⚡ □MM ◊◊◊◊
31 Try making your Halloween costume. *Halloween* □⚡ □MM ◊◊◊◊	The month is full of tips to help you live the monthly motto (MM) But feel free to scratch them out and create your own! Colour in the water bottles as you drink water throughout the day (4 bottles = 8 glasses). Did you do any physical activity? Check off the active box.					

◐ 1st Quarter ○ Full Moon ◑ 3rd Quarter ● New Moon