

BRAIN HEALTH  
MAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY








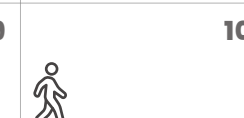
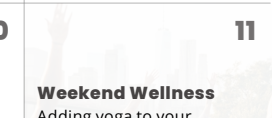






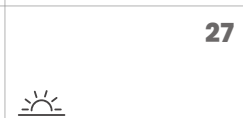


FRIDAY

SATURDAY

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			 <p><b>1</b></p> <p><b>Coaching Webinar</b> Just like our bodies, our brains benefit from a workout too. Join us today to learn effective tips and tricks to keep your mind in shape.</p>	 <p><b>2</b></p> <p><b>Clear Your Mind</b> Meditation is a helpful practice when you feel overwhelmed and need help clearing your head. Follow Coach Trent's guided meditations on our blog.</p>	<p><b>3</b></p> <p><b>Did You Know?</b> People who have depression are at a 40% higher risk of developing chronic conditions like heart disease. Mental health matters. Reach out to a professional if you need help.</p>	<p><b>4</b></p> <p><b>Brain Food</b> Filling your diet with fruits, vegetables, and nuts is an excellent way to improve your mental health. Find a new healthy recipe on the HealthCheck360 blog today.</p>
 <p><b>5</b></p> <p><b>Meal Prep</b> Take some time to plan meals for the week and prepare them early. Then, you'll have healthy meal options ready to go.</p>	 <p><b>6</b></p> <p><b>Happy National Nurses Day!</b></p>	 <p><b>7</b></p> <p><b>Motivation Straight to Your Inbox</b> Want more tips and motivation? Subscribe to our blog to get the latest from HealthCheck360.</p>	 <p><b>8</b></p> <p><b>Get Moving</b> Physical activity increases blood flow to the brain, which nourishes brain cells and promotes the growth of new neural connections. Get your 30 minutes in today!</p>	 <p><b>9</b></p> <p><b>Mental Health Awareness Month</b> Check out our resource center today for helpful information, webinars, and blog posts on mental health.</p>	 <p><b>10</b></p> <p><b>Challenge Yourself</b> Work towards getting 10k steps today. You can break it up by moving throughout the day or by going on a long walk after work.</p>	 <p><b>11</b></p> <p><b>Weekend Wellness</b> Adding yoga to your routine can help clear your mind and focus on your breathing. Check out the Yoga for Stress Relief post on our blog to get step-by-step instructions.</p>
<p><b>12</b></p> <p><b>Laugh it Off</b> Did you know that laughter helps reduce the effects of anxiety? Put on a funny movie or catch up with your friends to have yourself a good laugh.</p>	 <p><b>13</b></p> <p><b>Stay Hydrated</b> Try adding fruit or cucumber to your water today to switch it up and keep you on track to hit your daily water intake goals.</p>	<p><b>14</b></p> <p><b>Healthy is an outfit that looks different on everybody.</b></p>	 <p><b>15</b></p> <p><b>Power Up</b> Salmon is full of omega-3 fatty acids, which have been known to be highly beneficial to the brain. Visit our blog for a salmon recipe you and your family will love.</p>	 <p><b>16</b></p> <p><b>Monthly Newsletter</b> The May Live Well, Work Well Newsletter is on our blog. Get health tips and a new recipe to try!</p>	<p><b>17</b></p> <p><b>Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries.</b> -MARK HALPERIN</p>	<p><b>18</b></p> <p><b>Mental Activity</b> There are many things that you can do to keep your brain in shape, like doing a crossword or Sudoku, reading, playing cards, or putting together a puzzle.</p>
 <p><b>19</b></p> <p><b>Practice Gratitude</b> Take time today to journal three things that you're grateful for this week.</p>	<p><b>20</b></p> <p><b>Rest Up</b> Sleep is vital to brain health, including cognitive function. Sleeping on average 7-8 hours each day is related to better brain and physical health.</p>	<p><b>21</b></p> <p><b>Make the Most of Your Time</b> If you're always running out the door, it's easy to feel stressed. Save time with preparation. Pick out your outfit, meals, and workout the night before.</p>	<p><b>22</b></p> <p><b>Don't Skip Breakfast</b> Try a tasty breakfast of eggs, sprouted-grain toast, and smashed avocado. Visit our blog for an avo-egg recipe!</p>	<p><b>23</b></p> <p><b>Make a Mocktail</b> Consider avoiding alcohol to protect brain cells and cognition. Try a new mocktail recipe or spice up your water with fruit for a tasty twist.</p>	 <p><b>24</b></p> <p><b>Take Action</b> Putting off tasks can add to your stress and mess up your plans. Be proactive with your goals to stay ahead!</p>	 <p><b>25</b></p> <p><b>Step it Up</b> Studies have found you can improve your memory and brain function with regular exercise. Be sure to get your 30 minutes in today.</p>
<p><b>26</b></p> <p><b>Just Dance</b> If you're working around the house or yard, put on your favorite playlist! Moving to the beat helps increase your endorphins, the feel-good hormone.</p>	 <p><b>27</b></p> <p><b>Get Sunshine</b> The sun is an incredible source of vitamin D. Take your workout outside or get some gardening done to soak up some rays.</p>	 <p><b>28</b></p> <p><b>Secret to Success</b> If you're working towards a health goal or building resiliency, the key is consistency. Do something every day to work towards your goal.</p>	<p><b>29</b></p> <p><b>The key to a healthy life is having a healthy mind.</b> - RICHARD DAVIDSON</p>	 <p><b>30</b></p> <p><b>Challenge Yourself</b> Have you completed a HealthCheck360 challenge? Share your success with us on social media using #HealthCheck360!</p>	<p><b>31</b></p> <p><b>Kick the Habit</b> Quit smoking and seek help if needed to preserve your brain health. Check out our blog for some tips.</p>	

SHARE YOUR STORY & INSPIRE OTHERS

