

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Plate it up!</div> <div></div> <div><div>Strength</div><div>Aerobic</div><div>Flexibility/Self care</div></div>		<div>1</div> <div>Send a note for World Letter Writing Day.</div> <div></div> <div>Commercial Stroll - During a commercial break, take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</div>	<div>2</div> <div>If something is bothering you, talk about it with someone (examples: a family member, friend, health-care provider, or clergyperson).</div> <div></div> <div>Step Ups - Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 10, take a break, and do 10 more.</div>	<div>3</div> <div>Identify your happy place, and go there physically or mentally to recharge, even if it is just for a few minutes.</div> <div></div> <div>U.S. Bowling League Day - Set up your own bowling alley in a hallway or outside.</div>	<div>4</div> <div>Challenge yourself to healthy eating for the weekend. Think fruits, veggies, whole grains, and lean protein. Don't forget to drink water!</div> <div></div> <div>Celebrate National College Colors Day and National Wildlife Day - Wear UK Blue, and hike your favorite trail.</div>	<div>5</div> <div>Surround yourself with positive people, and practice social distancing while watching the Kentucky Derby!</div> <div></div> <div>Wake up, and go for a jog before it gets too hot today! Warm up with a 5-minute walk then ease into a jogging pace you can maintain. Finish with a nice stretch.</div>
	<div>6</div> <div>Take time to read at least one chapter for National Read A Book Day.</div> <div></div> <div>Clap and Catch Throw a ball or soft object into the air. See how many times you can clap before you catch it.</div>	<div>7</div> <div>Promote a positive lifestyle and concentrate on getting ample sleep this week. Ages 18-60: 7+ hours Ages 61-64: 7-9 hours Ages 65+: 7-8 hours</div> <div></div> <div>Make Movement Fun - While walking, alternate between skipping, speed walking, and jogging.</div>	<div>8</div> <div>Accept Change: You may not be able to change a situation, but you are in control of how you interpret and respond to it.</div> <div></div> <div>Dance, Dance - Put on your favorite song or turn on the radio. Dance however you like during the entire song!</div>	<div>9</div> <div>Avoid negativity and unhealthy outlets. Poor choices – substance use, unhealthy eating, inactivity, etc., only mask a problem. Practice self-care to help eliminate or reduce stress.</div> <div></div> <div>Try Something New - Practice your hand-eye coordination by juggling.</div>	<div>10</div> <div>“Connect to Protect” Honor National Suicide Prevention Month by learning about resources, treatments, and support for suicide prevention.</div> <div></div> <div>Wake and Shake - As soon as you get out of bed, shake your body any way you like for 10 seconds.</div>	<div>11</div> <div>Bond with empathetic and understanding people.</div> <div></div> <div>Yoga - Savasana Yoga is a great way to relieve stress. Try Savasana, considered the “hardest” yoga pose! Fully relax and clear your mind.</div>
	<div>13</div> <div>Practice positive self-talk for Positive Thinking Day.</div> <div></div> <div>Bleachers - Go to your local high school's bleachers and jog up and down them. How many times can you go without stopping? No bleachers? Use stairs or jog up a hill.</div>	<div>14</div> <div>Reduce anxiety and create focus by coloring on National Coloring Day.</div> <div></div> <div>Go Outside - Spend time outside with family or friends today. Leave the cell phones at home, and go for a walk.</div>	<div>15</div> <div>Do one thing today that helps you work toward achieving a bigger goal.</div> <div></div> <div>Get Ready for Flu Day - Be sure to get your flu shot!</div>	<div>16</div> <div>Clean a room, straighten a drawer, or say “no” to a new request to feel more internal peace. Clutter – both inside and out – can leave you overwhelmed, distracted, or anxious.</div> <div></div> <div>I Spy Walk - Go for a walk with your family while playing a game of I, Spy.</div>	<div>17</div> <div>Maintain Hope. Instead of concentrating on worry or fear, focus on what you want. An optimistic outlook allows you to expect good things.</div> <div></div> <div>Sidewalk Chalk Balance - Draw different kinds of lines on the ground with chalk. Walk along them with one foot in front of the other, balancing.</div>	<div>18</div> <div>Aging Awareness Day. Interview an older family member or friend about a significant life event. Document their story and post a photo on social media.</div> <div></div> <div>Hit the Track – Sprint the straights on the track, and walk the curves. Do this for 10 laps. Bring some music to motivate you!</div>
	<div>20</div> <div>Make time for your favorite hobby, or do something that makes you feel good.</div> <div></div> <div>Set up a game of family musical chairs.</div>	<div>21</div> <div>Break down big jobs into smaller ones so that you do not feel so overwhelmed.</div> <div></div> <div>Miniature Golf Day - Create your own miniature golf course at your home.</div>	<div>22</div> <div>Falls Prevention Awareness Day: Make a family member or neighbor's home safer by checking for hazards that can increase fall risk (remove clutter, fix loose flooring, light dark spaces, store necessities within easy reach, add grab bars to bathrooms, etc.).</div> <div></div> <div>First Day of Fall - Walk through a corn maze.</div>	<div>23</div> <div>Embrace healthy thoughts.</div> <div></div> <div>Exercise DVD – Get an exercise DVD or find one on the internet and do it with the whole family.</div>	<div>24</div> <div>Refuel. Take 10 minutes alone to read, walk, garden, journal, meditate, or whatever it is that helps you build inner peace.</div> <div></div> <div>Falls Prevention Awareness - Practice your balance by standing on one foot while brushing your teeth.</div>	<div>25</div> <div>Pop popcorn and watch a throwback, feel-good movie.</div> <div></div> <div>Cardio & Yoga – Do a cardiovascular exercise(s) of your choice for 5 to 10 minutes then try 3 yoga poses holding each pose for 30 to 60 seconds before switching.</div>
<div>27</div> <div>World Tourism Day - Be a tourist in your own town and explore new places. Or take a virtual tour of a museum.</div> <div></div> <div>Relax your muscles. Stretch and then take a hot shower or bath.</div>	<div>28</div> <div>Breathe deep to help your body deal with stress. Sit or lie in a comfortable position, close your eyes, imagine yourself in a relaxing place, slowly take deep breaths in and out for 5 to 10 minutes.</div> <div></div> <div>Family Day - Play charades for family game night.</div>	<div>29</div> <div>Pet your pet – or someone else's. Holding, petting, and interacting with an animal can be therapeutic.</div> <div></div> <div>World Heart Day - Stay active to keep your heart healthy. Take a walk on a nature trail.</div>	<div>30</div> <div>Play music and just listen.</div> <div></div> <div>National Women's Health and Fitness Day - Take time today to work out with a woman in your life. Virtually or in-person.</div>			<div>26</div> <div>Find humor. Laughter relieves stress and tension.</div> <div></div> <div>Family Health and Fitness Day - Create an obstacle course with household items.</div>



Plate it up! Kentucky Proud YouTube Channel bit.ly/PIUKP-videos



Plate it up! Kentucky Proud Website bit.ly/PIUKP-recipes



Plate it up! Kentucky Proud Facebook Page [@plateitupKYproud](https://www.facebook.com/plateitupKYproud)

RECIPE OF THE DAY CALENDAR: https://bit.ly/ArecipeAday_Sept



DOWNLOAD OUR FREE FITBLUE APP

Get physical activity and meal suggestions, track your movement and eating, and improve your mindfulness!



<http://bit.ly/FitBlueApple>



<http://bit.ly/FitBlueAndroid>