### SEPTEMBER 2020

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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<td>Take time to read at least one chapter for National Read A Book Day.</td>
<td>Clap and Catch - Throw a ball or soft object into the air. See how many times you can clap before you catch it.</td>
<td>Send a note for World Letter Writing Day.</td>
<td>If something is bothering you, talk about it with someone (examples: a family member, friend, health-care provider, or clergyperson).</td>
<td>Identify your happy place, and go there physically or mentally to recharge, even if it is just for a few minutes.</td>
<td>Challenge yourself to healthy eating for the weekend. Think fruits, veggies, whole grains, and lean protein. Don’t forget to drink water!</td>
<td>Surround yourself with positive people, and practice social distancing while watching the Kentucky Derby!</td>
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<td>Practice positive self-talk for Positive Thinking Day.</td>
<td>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.</td>
<td>Promote a positive lifestyle and concentrate on getting ample sleep this week. Ages 18-60: &gt;7 hours Ages 61-64: &gt;6 hours Ages 65+: &gt;5 hours</td>
<td>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!</td>
<td>Accept Change. You may not be able to change a situation, but you are in control of how you interpret and respond to it.</td>
<td>Connect to Protect” Honor National Suicide Prevention Month by learning about resources, treatments, and support for suicide prevention.</td>
<td>Reflect on the positive aspects of the week, and recall the things for which you are grateful.</td>
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<td>Make Movement Fun - While walking, alternate between skipping, speed walking, and jogging.</td>
<td>舞 Move for Fun - Put on your favorite song or turn on the radio. Dance however you like during the entire song!</td>
<td>Dance, Dance - Put on your favorite song or turn on the radio. Dance however you like during the entire song!</td>
<td>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.</td>
<td>Be a tourist in your own town and explore new places. Or take a virtual tour of a museum.</td>
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<td>Travel the World - Pack a suitcase with your favorite travel game. Think of a place, slowly pack your clothes, and then go on a mini vacation!</td>
<td>Try Something New - Practice your hand-eye coordination by juggling.</td>
<td>Yoga - Savasana yoga is a great way to relieve stress. Try Savasana, considered the “hardest” yoga pose! Fully relax and clear your mind.</td>
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<td>Eat local - Make dinner using ingredients from your local market.</td>
<td>Bond with empathetic and understanding people.</td>
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<td>Make Movement Fun - While walking, alternate between skipping, speed walking, and jogging.</td>
<td>Mindfulness is a powerful tool to help authors and creatives amidst COVID.</td>
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<td>Talents are an important part of a healthy body and mind.</td>
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<td>Find your happy place. Exercise and self-care can help you feel better.</td>
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<td>Embrace healthy thoughts.</td>
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<td>Exercise DVD - Get an exercise DVD or find one on the internet and do it with the whole family.</td>
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<td>First Day of Fall - Wake up early and go for a walk around your neighborhood.</td>
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<td>Fall 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 bathroom, etc.).</td>
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