

Once a Day Wellness Thoughts, Practices and Activities -April 2019

EVERY DAY:

- Begin every day with a smile, an 8 oz glass of water, stretching and dressing comfortably for a 10 minute walk-to start and add 5 minutes until you reach at least 20 minutes before breakfast.
- Have a light nutritious breakfast every day
- Be conscious of your posture sitting at your desk
- Stand, stretch and take a short walk every hour
- Watch your posture, stretch you shoulders back, touch your R ear to your R shoulder, then switch to L ear to L shoulder
- Drink several 8 oz glasses of water a day
- Avoid sugar drinks
- Avoid fast foods
- Read food labels
- Consider an investment in an Instant Pot or Crock Pot for make ahead healthy meals
- Map the parks within a mile of home or work. Schedule a walk into your week from home to the park or work to the park. Rotate your parks. Observe the changes in nature, foliage, animals, etc

DAILY ACTIVITIES

- April 1: First exercise of the morning: Smile
- April 2: Smile at the first person that you see
- April 3: Prepare a shopping list before your next grocery store visit. Include fresh fruit, vegetables, mixed nuts (no salt), Greek yogurt, dark chocolate, protein bars -- ingredients for your favorite healthy smoothie
- April 4: Start counting steps and tally your total at the end of your day
Before you call it a night, prepare a "salad in a jar" for lunch the next day
- April 5: Breakfast before you rush out to start your day
No time for breakfast, have a protein bar, a yogurt and fruit
Smile and greet the first person you encounter when you enter your place of employment
Smile and complement yourself on a first week "well done"!
- April 6: Sleep in a ½ hour, then dress comfortably for a ½ hour walk.
Enjoy this walk, find something that catches your eye and smile, e.g. cat

stretching out to catch the new day sun, children running and laughing

Return home for a breakfast of whole grain toast, Greek yogurt and a fruit
Relax, listen to your favorite CD or read a chapter in a book that you have promised yourself to read

If you need to spruce up your living space, do it listening to music

Prepare a light salad with vinagrette

Take on the afternoon

Enjoy a late afternoon-evening walk after it starts to cool

Prepare a healthy dinner

Relax with family and friends or just enjoy the pleasure of “alone-quiet time”

April 7: It’s Sunday!!!!

Walk, talk, relax, read....

Discover a “new” restaurant, diner or eatery that serves healthier food. Check out their web site if they have one and figure out how you will treat yourself to a “someone else prepared my meal”

Plan out some healthy meals that you can prep for the week.

Make ahead salad in a jar for lunches

Pre-bagged carrots, celery, cucumbers

Have a smoothie for lunch

Make ahead “ginger tea”: Grate 2 peeled slices of ginger, add 4 cups of boiling water to a heat proof container, let it steep, cool your tea mixture and add to a pitcher/covered container and refrigerate. This make a great “iced tea” if you prefer it hot, just pour into a microwavable cup and heat for 1 ½ minute at high heat.

Dinner – treat yourself ... prepare a meal that takes a little more time than what you have during the week. Enjoy with friends/family.

April 8: Stand up and move away from your desk, *every hour*. Stretch, smile and take a walk down the hall

Enjoy your “salad in a jar” for lunch

Drive past your usual fast food diner and stop at a diner that offers healthy alternatives

Before you call it a night, prepare a healthy lunch for the next day and pack a protein bar and sliced fruit for snacks.

April 9: Park a little further away from your building so that you will “walk a little further”.

Walk for 15 minutes before you begin your lunch break

Carry water with you in an environmentally-reusable container for hydration

Enjoy your healthy lunch

Enjoy your healthy snacks during the day

- What's for dinner?
Before you call it a night, prepare a healthy lunch (unless you did it on Sunday) for the next day and pack sliced fruit for snacks.
- April 10: Continue your healthy habits: smile, exercise, eat healthy
Smile and ask someone to join you on your 15 minute walk at lunch
- April 11: Continue your healthy habits: smile, exercise, eat healthy
Sniff a sprig of fresh rosemary (some say it increases alertness and improves memory)
- April 12: Add bananas, cantelope and oranges to your selection of breakfast fruits (these are rich in potassium).
When you get to work, hold the door open for the next person (if it's an automatic door, stop and say good morning to the next person who enters)
Add a 10 minute "talk story" chat with someone new today (no shop talk)
Another great week!
- April 13: Sleep in a ½ hour, then dress comfortably for a ½ hour walk.
Take your healthy breakfast to a public garden and enjoy the scenery and people watch
Head for your local farmers' market and shop for next week's meal
Try something new!....shop for your lunch at the farmers' market
You have a massage appointment today !!!!
Plan on quiet time after this appointment so that you can really relax.
Enjoy a healthy dinner with family and friends.
- April 14: It's Sunday!!!!
Walk, talk, relax, read....
Discover a "new" restaurant, diner or eatery that serves healthier food. Check out their web site if they have one and figure out how you will treat yourself to a "someone else prepared my meal"
Plan out some healthy meals that you can prep for the week.
Make ahead salad in a jar for lunches
Pre-bagged carrots, celery, cucumbers
Have a smoothie for lunch
Dinner – treat yourself ... prepare a meal that takes a little more time than what you have during the week. Enjoy with friends/family.
Locate an empty bottle and put it on your kitchen table before you go to bed.
- April 15: Before you put on your walking shoes, locate that bottle. Place the bottle on the floor/carpet on its side. Place your foot (one at a time) on the bottle and roll the bottle, placing the bottle in the area of your arch.
This will stretch your arch and you'll enjoy your walk even more.
- April 16: Hydrate well before you start. Enjoy a glass of unsweetened cranberry juice today.
Give your self a treat tonight. Soak a cotton ball in rubbing alcohol and

- wipe the soles of your feet. Let it air dry.
- April 17: Wash your hands well (throughout the day). Use plain soap and water and scrub for as long as it take for you to sing “Happy Birthday to You” twice. (you may want to “sing” this silently).
- April 18: Have broccoli slaw topped with a light vinagrette for lunch. It’s a great source of vitamin C and calcium.
- April 19: Drink a glass of water when you wake up
Do something you really love today after work
Clear the clutter off of your desk before you leave for home
Did you enjoy your walk this morning? If you can’t stop for a walk in the park today, drop by your favorite mall on the way home, and window shop for a ½ hour. Try for a perimeter walk of the shops
Congratulation, you just completed another week
- April 20: Sleep in a ½ hour, then dress comfortably for a ½ hour walk.
Shop at a Farmer’s Market. Look for healthy options for breakfast today and for Meals next week.
Plan to shop for a good, comfortable pair of sneakers
- April 21: Make ahead “green tea”: Add a “large pinch of green tea leaves to a heat proof container” then add 4 cups of boiling water, let it steep, cool your tea mixture and add to a pitcher/covered container and refrigerate. This make a great “iced tea” if you prefer it hot, just pour into a microwavable cup and heat for 1 ½ minute at high heat.
Do something nice for someone you care about? If they live too far away, make a telephone call.
Prepare a salad in a jar for someone at work.
Allow yourself some “self time”
- April 22: Wake up 15 minutes earlier, drink a glass of water and walk for 30 minutes before breakfast.
Take snacks to work (almonds, fresh fruit or chopped veggies)
Add an inspiration quote to your desk
Enjoy the company of a different person today at work
Write a positive affirmation and place it next to your keyboard
- April 23: Be positive today
Give a complement to someone today
- April 24: Try something new today
After your 35 minute walk this morning, have a breakfast of a bowl of fruit and Greek yogurt
Call or text a friend that you haven’t seen in a while; make a list and plan on calling one person on tha list this week
- April 25: Plan on a mini-massage after work this week (neck and shoulder massage –

- ½ hour
- Smile and say thank you to the first person that you greet with a smile
Take a walk with a friend during your lunch break
- April 26: Wake up a ½ hour earlier than usual. Enjoy your walk this morning,
taming a new destination.
Practice self care
Take a cold pasta salad to lunch today.
- April 27: Ask a different friend to join you for your walk at lunch today
Enjoy your salad today with a fresh fruit garnish
- April 28: Take a stress ball or a tennis ball to work for your desk. Take time out to
exercise your fingers and hands by stretching out your fingers as
you roll your ball. Do this while you're reading a case file or speaking
to someone on the phone (multi tasking)
Manage your schedule to avoid overbooking. Block out time during the middle of
the day as “committed”; do not schedule meetings during this time
- April 29: Priorize what you need to do today. Do not overload.
Be sure to take at least a ½ break and take your lunch away from the office.
Enjoy the day with _____.
- April 30: Change the filter in your vacuum cleaner
Clean out your refrigerator, discard all left overs from 6 days ago
Reorganize your “junk drawer” at home
Choose your favorite activities from the month and add 2