





JANUARY 2021

SUN	MON	TUES	WED	THUR	FRI	SAT
<p>Are you stuck in a rut and need a little motivation to improve your health and wellbeing? Let us help you! These activities are meant to engage and inspire you to become happier, healthier, and more energetic. To win a chance at receiving a Ramaaker Screen Printing \$25 gift card, complete 15 tasks, take your photo, and tag #HealthyKnoxville in a post on the KHC Facebook page. Two lucky winners will be drawn on February 4.</p>					<p>1 Set fitness and wellness goals for the upcoming year</p>	<p>2 Plan a game night with your family</p>
<p>3 Find a healthy recipe and make it for dinner</p>	<p>4 Drink 8 glasses of water (64 oz.)</p>	<p>5 Eat 5-7 servings of fruits and/or veggies</p>	<p>6 Cut out a sugary drink or food</p>	<p>7 Make a healthy breakfast</p>	<p>8 Listen to a podcast that interests you</p>	<p>9 Spend 20 minutes outside</p>
<p>10 Challenge yourself to run or walk 5 miles this week</p>	<p>11 Focus on only eating healthy foods today</p>	<p>12 Try cooking a new recipe</p>	<p>13 Give up social media for the day...or longer</p>	<p>14 Pay it forward or give back to someone in need today</p>	<p>15 Exercise for 30 minutes</p>	<p>16 Take a relaxing bath or shower and reflect on your week</p>
<p>17 Get at least 8 hours of sleep (or more)</p>	<p>18 Share a healthy recipe with a friend or co-worker</p>	<p>19 Get in your 10,000 steps for the day</p>	<p>20 Prepare a healthy snack for tomorrow</p>	<p>21 Donate to the local food bank</p>	<p>22 Wake up 30 minutes earlier and do something you enjoy</p>	<p>23 Try a new type of fitness activity</p>
<p>24 Take some time for you to re-energize yourself</p>	<p>25 Write down 3 positive things each day for the entire week</p>	<p>26 Take a walk on the local walking trail</p>	<p>27 Tell a friend something you appreciate about them</p>	<p>28 Swap your coffee/pop for tea/water</p>	<p>29 Park farther from the door at work for a brisk walk</p>	<p>30 Cook your favorite meal for dinner</p>
<p>31 Go for a brisk walk or run</p>	<p>Sponsored by:</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div> <p style="text-align: center; font-size: small;">Knoxville Wellness Coalition</p>					