



"Fill Your Heart"

28 Days to a Better You!

Kick off the month of love with *28 Days to a Better You!* Throughout the month of February select 28 activities that are meant to engage and inspire you to live a healthier life. To complete: color in the little heart next to the selected item as well as a piece of the heart. To win a chance at receiving a \$25 Coffee Connection gift certificate take a photo of your filled in heart and tag #HealthyKnoxville and Knoxville Hospital & Clinics in a Facebook post. You can also email your photo to info@knoxvillehospital.org. Two lucky winners will be drawn on March 4.

PHYSICALLY

- ♡ Walk 10,000 steps in one day
- ♡ Drink half of your body weight in ounces of water
- ♡ Run/jog/walk 1 mile in a day
- ♡ Exercise three times in a week
- ♡ Plan a heart healthy snack
- ♡ Get 8+ hours of sleep for an entire week
- ♡ Take your pet on a walk outside
- ♡ Shovel your neighbor's sidewalk/driveway
- ♡ Eat 5-7 servings of fruits and vegetables in a day

MENTALLY/INTELLECTUALLY

- ♡ Complete a Sudoku/crossword puzzle
- ♡ Eat lunch with someone new/different
- ♡ Try a new hobby
- ♡ Read for two total hours in a week
- ♡ Screen-free family dinner for February (parents included)
- ♡ Complete a puzzle
- ♡ Give up social media for a day
- ♡ Play a card or board game with family/friends
- ♡ Support our local students by attending a school activity
- ♡ Inquire about joining a local community organization

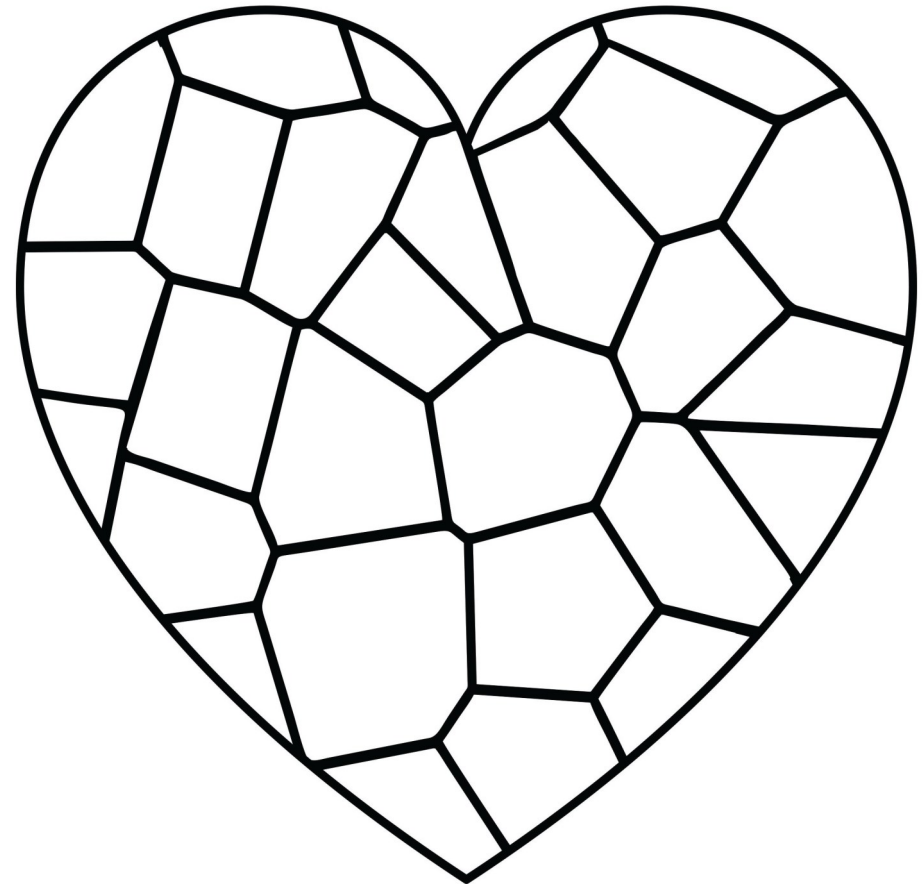
- ♡ Try something new
- ♡ Find someone to mentor

EMOTIONALLY/SPIRITUALLY

- ♡ Meditate for 10 minutes
- ♡ Journal every day in a week
- ♡ Listen to your favorite music/podcast
- ♡ Do yoga for 20 minutes
- ♡ Pray daily
- ♡ Do something nice for someone else
- ♡ Participate in a worship service
- ♡ Send someone a nice handwritten note
- ♡ Provide a treat for a family member/neighbor/colleague
- ♡ Enjoy a sunrise/sunset

FINANCIALLY

- ♡ Donate to your favorite charity
- ♡ Give up a daily vice for a week and put that money you'd spend in an envelope
- ♡ Pay it forward to a stranger
- ♡ Set a family budget for the month
- ♡ Pay extra towards a loan or debt
- ♡ Clean your closet and donate to a local non-profit organization
- ♡ Collect spare change from car/home and donate to a worthy cause
- ♡ Leave a generous tip
- ♡ Work towards saving your Emergency Fund (3 months salary)



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