

RHODE TO WELLNESS 2020 CALENDAR

Learn more at RIWDD.org. All activities subject to change

MONDAY Healthy Eating	TUESDAY Healthy Mind	WEDNESDAY Healthy Movement	THURSDAY Healthy Self	FRIDAY Healthy Conversations
September 14 Create a meal plan for yourself. Download the <i>Start Simple with MyPlate</i> app for goal-setting tips and to track your progress.	September 15 Try a guided meditation video.	September 16 Try an online Zumba class. 	September 17 Take the CDC Prediabetes Risk Assessment.	September 18 Conversation with a Patient Navigator & Lifestyle Coach
September 21 Start keeping a food diary. Write down everything you eat today.	September 22 Connect with a friend: plan a socially distanced visit in-person or by phone/video chat.	September 23 Create a walking plan: set a goal to take a daily walk and monitor minutes per day on your calendar.	September 24 Know your numbers: Make a list of your weight, blood sugar, and cholesterol.	September 25 Conversation with a Social Worker 
September 28 Watch a cooking demonstration video.	September 29 Start a gratitude journal. 	September 30 Try an online POP Pilates class.	October 1 Make a list of current medications to keep in your wallet or in your phone. If you already have one, bring it up to date.	October 2 Conversation with a Nurse
October 5 Go soda- or sugary-drink-free today. Replace them with water, seltzer, or unsweetened tea.	October 6 Try a guided muscle relaxation video.	October 7 Go on a nature walk or hike. 	October 8 Check to see if you're up to date with healthcare appointments: doctor, dentist, podiatrist, and eye doctor. Call to make an appointment today!	October 9 Conversation with an Exercise Physiologist
October 12 Practice mindful eating today.	October 13 Reach out to a counselor or support group. 	October 14 Try a way of moving more in daily life: exercise during commercial breaks, use the stairs instead of the elevator, or park as far away from the door as possible when you are out today.	October 15 Make a list of questions to ask at your next doctor visit.	October 16 Conversation with a Dietitian
October 19 Balance one meal with a half plate of vegetables today.	October 20 Make a date with yourself to relax: set aside time for a hobby, an interest, a good book, or some other enjoyable activity.	October 21 Try a yoga class.	October 22 Check your feet. 	October 23 Conversation with a Pharmacist
October 26 Swap in a whole grain in place of a white/refined grain product today.	October 27 Get a good night's sleep: go to bed early tonight.	October 28 Try an online flexibility class.	October 29 If you smoke, start the road to quitting. If you don't smoke, you get an automatic point for today. Keep up the good work!	October 30 Conversation with a Doctor 
November 2 Try a new healthy recipe. 	November 3 Try a guided deep breathing video.	November 4 Try an online strength training class. 	November 5 Plan a time or appointment to get a flu shot.	November 6 Conversation with a Health Equity Zone (HEZ)