

## RHODE TO WELLNESS 2020 CALENDAR

Learn more at [RIWDD.org](http://RIWDD.org). All activities subject to change

<b>MONDAY</b> Healthy Eating	<b>TUESDAY</b> Healthy Mind	<b>WEDNESDAY</b> Healthy Movement	<b>THURSDAY</b> Healthy Self	<b>FRIDAY</b> Healthy Conversations
<b>September 14</b> Create a meal plan for yourself. Download the <i>Start Simple with MyPlate</i> app for goal-setting tips and to track your progress.	<b>September 15</b> Try a guided meditation video.	<b>September 16</b> Try an online Zumba class. 	<b>September 17</b> Take the CDC Prediabetes Risk Assessment.	<b>September 18</b> Conversation with a Patient Navigator & Lifestyle Coach
<b>September 21</b> Start keeping a food diary. Write down everything you eat today.	<b>September 22</b> Connect with a friend: plan a socially distanced visit in-person or by phone/video chat.	<b>September 23</b> Create a walking plan: set a goal to take a daily walk and monitor minutes per day on your calendar.	<b>September 24</b> Know your numbers: Make a list of your weight, blood sugar, and cholesterol.	<b>September 25</b> Conversation with a Doctor 
<b>September 28</b> Watch a cooking demonstration video.	<b>September 29</b> Start a gratitude journal. 	<b>September 30</b> Try an online POP Pilates class.	<b>October 1</b> 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.	<b>October 2</b> Conversation with a Pharmacist
<b>October 5</b> Go soda- or sugary-drink-free today. Replace them with water, seltzer, or unsweetened tea.	<b>October 6</b> Try a guided muscle relaxation video.	<b>October 7</b> Go on a nature walk or hike. 	<b>October 8</b> Check to see if you're up to date with healthcare appointments: doctor, dentist, podiatrist, and eye doctor. Call to make an appointment today!	<b>October 9</b> Conversation with an Exercise Physiologist
<b>October 12</b> Practice mindful eating today.	<b>October 13</b> Reach out to a counselor or support group. 	<b>October 14</b> 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.	<b>October 15</b> Make a list of questions to ask at your next doctor visit.	<b>October 16</b> Conversation with a Dietitian
<b>October 19</b> Balance one meal with a half plate of vegetables today.	<b>October 20</b> Make a date with yourself to relax: set aside time for a hobby, an interest, a good book, or some other enjoyable activity.	<b>October 21</b> Try a yoga class.	<b>October 22</b> Check your feet. 	<b>October 23</b> Conversation with a Nurse
<b>October 26</b> Swap in a whole grain in place of a white/refined grain product today.	<b>October 27</b> Get a good night's sleep: go to bed early tonight.	<b>October 28</b> Try an online flexibility class.	<b>October 29</b> 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!	<b>October 30</b> Conversation with a Social Worker 
<b>November 2</b> Try a new healthy recipe. 	<b>November 3</b> Try a guided deep breathing video.	<b>November 4</b> Try an online strength training class. 	<b>November 5</b> Plan a time or appointment to get a flu shot.	<b>November 6</b> Conversation with a Health Equity Zone (HEZ)