

February 2019 = Heart Health

	Monday	Tuesday	Wednesday	Thursday	Friday	
Wellness: 10 minutes daily of meditation Dietary: Make an effort to add more fiber to your meals this week Exercise: Personal push-up goal	4	5	6	7	8 Wear Red	
Wellness: Write a love letter or letter of appreciation this week to someone special Dietary: Make an effort to add more whole grains to your meals this week Exercise: Whenever possible, opt for the stairs instead of elevators	11	12	13	14	15 Wear Red	
Wellness: Brush and floss teeth 2x per day this week Dietary: Choose healthy snacks this week Exercise: Be mindful of break times and incorporate more movement into them	18	19	20	21	22 Wear Red	
Wellness: Strive to find a work/life balance Dietary: Cut soda and sugary drinks out this week Exercise: Set a goal of 15 minutes of exercise daily this week	25	26	27 Mid-day Yoga, More details to come!	28	1	Total Points Possible 12
Bonus Points: Attend Mid-day Yoga session 2/27 - 1pt. Visit the dentist anytime this month - 1pt.						Bonus Points Possible 2

Find the link to enter your points for prizes on the SnowFit home page.

[SnowFit Home Page](#)



So join in the fun, make friends, earn prizes and let's work together to help each other reach our goals.

-SnowFit and the Health and Wellness committee