

June 2015 Tips for Living Well

Try as many of these tips as you can.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Top a baked potato w/ cooked frozen broccoli spears; sprinkle w/ low-fat cheddar cheese	2 Be physically active for 30-60 minutes each day	3 Try a low-calorie option at your favorite fast food restaurant	4 Don't smoke in your car today	5 Mix 1 cup of your favorite cereal w/ a handful of dried apples	6 It's never too late to begin a fitness program
7 Have today be a TV-Free day	8 Drink at least 8 glasses of water	9 Ride bikes with your children	10 For a lean meat option, choose pork tenderloin – trim off the fat	11 Get up, get moving and have fun!	12 Steam your veggies instead of boiling	13 Do arm curls, squats, lunges, and sit-ups while watching TV
14 Don't smoke around your children	15 Add frozen carrots to instant chicken noodle soup	16 Turn on some music and "Move It, Move It"	17 Weed your garden by hand and use sun-screen	18 Top vanilla yogurt with thawed frozen strawberries	19 Turning off the TV promotes healthier eating habits	20 Choose baked or boiled over fried
21 Work out with a friend and catch up	22 Try brown rice instead of white	23 Avoid wrinkles & skin cancer by using sunscreen of 15 or higher SPF	24 After dinner, go for a walk with your family	25 Eat low fat frozen yogurt instead of ice cream	26 Limit fast food intake to once a week	27 Eating fish may help you see better
28 Don't smoke in your car	29 Skip the salt shaker, use lemon juice instead	30 Eat dark green veggies today				

This calendar is brought to you by the Dorchester County Health Education, which includes the Dorchester County Health Dept. (DCHD), University of MD Cooperative Extension, Area Health Education Center (AHEC), American Cancer Society, State Board of Education, and Delmarva Community Services. For more information contact: Julie Jones, DCHD, 410-228-3223.