

Move to Flourish March

2022

Make Time Monday	Tasty Tuesday	Work it Wednesday	Training Thursday	Fix it Friday	Stay Fit Saturday	Snack Right Sunday
<p>"HOW YOU DO ANYTHING IS HOW YOU DO EVERYTHING"</p> <ul style="list-style-type: none"> * Get 30 minutes of exercise each day * Drink 8 glasses of water each day * Eat 5 servings of fruits and vegetables everyday 	<p>1</p> <p>Home cooked meals allow for more control of salt and fat intake.</p> <p>15 Glute Bridges 15 Upright Rows 15 Pushups</p>	<p>2</p> <p>Add cooked quinoa to chili & spaghetti sauce for a meatless supper.</p> <p>20 Squats 20 Lateral Raises 20 Bent Over Rows</p>	<p>3</p> <p>Know your numbers! Have your cholesterol levels checked this month.</p> <p>20 Lunges 20 Wood Choppers 20 Bicep Curls</p>	<p>4</p> <p>As you increase your fiber intake, also increase the amount of water you drink daily. Aim for at least 64 oz. per day.</p> <p>Walk 30 minutes</p>	<p>5</p> <p>Eat foods rich in soluble fiber daily: asparagus, turnips, oranges, legumes, oats, oat bran, sweet potatoes, Brussels sprouts & mangos.</p> <p>20 Glute Bridges 20 Upright Rows 20 Pushups</p>	<p>6</p> <p>For a heart healthy snack, dip sweet mini peppers in homemade guacamole.</p> <p>Walk 30 minutes</p>
<p>7</p> <p>Eat two fruits and vegetables you have never tried before.</p> <p>5 minutes of Meditation 30 minutes of activity</p>	<p>8</p> <p>Use tofu or tempeh in a stir-fry with lots of vegetables.</p> <p>25 Squats 25 Lateral Raises 25 Bent Over Rows</p>	<p>9</p> <p>Have a fibrous colorful salad with seeds or nuts. Use salad dressing made with olive, walnut or pecan oil.</p> <p>Walk 40 minutes</p>	<p>10</p> <p>Exercise at the same time daily for consistency.</p> <p>25 Lunges 25 Wood Choppers 25 Bicep Curls Walk 35 minutes</p>	<p>11</p> <p>For healthier triglyceride levels, limit beverages with added sugar.</p> <p>Walk 40 minutes</p>	<p>12</p> <p>Eat more foods with high-fiber content</p> <p>25 Glute Bridges 25 Upright Rows 25 Pushups</p>	<p>13</p> <p>Snack on 3 cups low sodium popcorn & 1 ounce walnuts between meals.</p> <p>Walk 40 minutes</p>
<p>14</p> <p>Get your blood pressure checked this week.</p> <p>Walk 45 minutes</p>	<p>15</p> <p>Make soups with edamame, lentils, split peas, or dried beans.</p> <p>30 Squats 30 Lateral Raises 30 Bent Over Rows</p>	<p>16</p> <p>Avoid processed foods loaded with sodium.</p> <p>Walk 45 minutes</p>	<p>17</p> <p>Get outside and exercise!</p> <p>30 Lunges 30 Wood Choppers 30 Bicep Curls Walk 45 minutes</p>	<p>18</p> <p>Set goals to reach & maintain a healthy weight for you.</p> <p>Walk 55 minutes</p>	<p>19</p> <p>Eat oatmeal with walnuts & flaxseed for breakfast.</p> <p>30 Glute Bridges 30 Upright Rows 30 Pushups</p>	<p>20</p> <p>Snack on 1/4 cup unsalted nuts & 1 cup fruit between meals.</p> <p>Walk 60 minutes</p>
<p>21</p> <p>Quit smoking & avoid secondhand smoke. Call 1-800-QUIT-NOW for help.</p> <p>Walk 65 minutes</p>	<p>22</p> <p>Make an omelet with green peppers, tomatoes & onions.</p> <p>35 Squats 35 Lateral Raises 35 Bent Over Rows</p>	<p>23</p> <p>Season food with herbs, spices, garlic, onions, peppers, lemon juice for flavor. Try flavoring water with fresh lemon juice.</p> <p>Walk 65 minutes</p>	<p>24</p> <p>Break your activity into smaller chunks - 10-15 minutes at a time if needed.</p> <p>35 Lunges 35 Wood Choppers 35 Bicep Curls Walk 55 minutes</p>	<p>25</p> <p>Read the ingredients of everything you eat.</p> <p>Walk 65 minutes</p>	<p>26</p> <p>Keep a log of everything you eat today.</p> <p>30 Glute Bridges 30 Upright Rows 30 Pushups</p>	<p>27</p> <p>Snack on vegetables and fruits only today.</p> <p>Walk 65 minutes</p>

28	29	30	31			
Write 3 things down you are grateful for. 5 minutes of Meditation Walk 65 minutes	Think about a plan to meal prep for the entire month of April and get 8 hours of sleep. 35 Squats 35 Lateral Raises 35 Bent Over Rows	Try something new for dinner tonight. Walk 65 minutes	Make your own calendar for April to keep Moving to Flourish and increasing your daily activities. 35 Lunges 35 Wood Choppers 35 Bicep Curls Walk 55 minutes			

EVENTS

Saturday March 5th Join us for the Minneapolis Polar Plunge and 5K at Thomas Beach at on BDE MAKKA SKA, West Calhoun Blvd. Minneapolis, MN

Come down and watch Vicky, Chad and other Vail Place team members take the polar plunge and support Special Olympics! You can also join some of us participating in the 5k as well.

Walking Wednesdays

Join us at H2 in Hopkins on Wednesdays at 4:30pm all month long in March for a walk around Hopkins.

Join us April 1st at 2pm for Celebration of Move to Flourish 2022

We will meet at 2pm at the Uptown Clubhouse for a walk around the neighborhood.