

# 2017 Aug

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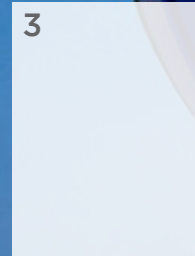
SAT

Three ways I can focus on my health this month:

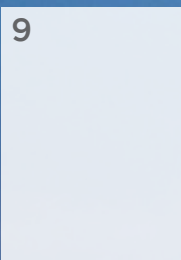
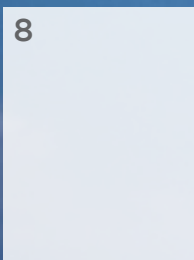
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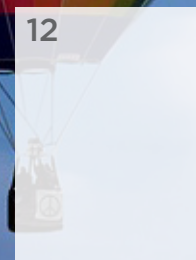
2  
Start this month focusing on your health goals. Write your three new health goals to the left.



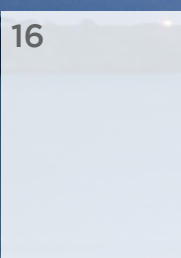
7  
Spend time each week planning your meals in advance.  
[Start with this healthy recipe.](#)



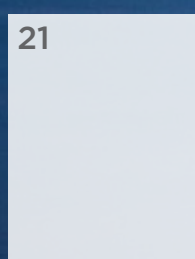
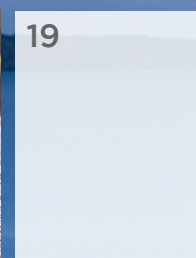
11  
How do you fit mindfulness into your day? Set aside 15 minutes to help recentre your mind.



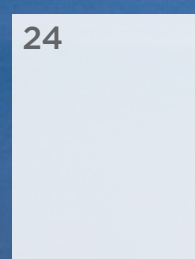
15  
Make a list of ways you can add more physical activities each week.  
[Learn more here.](#)



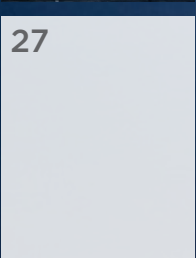
17  
Remember to apply sunscreen before going outdoors this weekend.



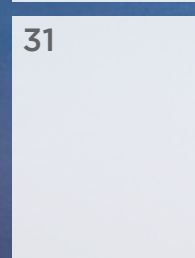
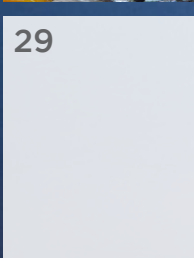
23  
Fruits and veggies are an easy snack on warm days.  
[Learn more here.](#)



25  
Did you meet your health goals this month? Check them above.



28  
How will you enjoy the outdoors this week? Visit a new trail or find a new adventure.  
[Learn more here.](#)





# Aug

2017

August is focus on respiratory health month.  
Be sure to visit your PCP for a lung health check up.

## Did you know?

Asthma is a disease that affects your lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma can be controlled by taking medicine and avoiding the triggers that can cause an attack. You must also remove the triggers in your environment that can make your asthma worse.

## Common asthma triggers include:

- Pollution from industrial emission
- Pollution from automobile exhaust
- Tobacco smoke
- Dust mites
- Mold
- Household pets

Secondhand smoke contains more than 4,000 substances, including several compounds that cause cancer. It also can trigger asthma episodes and increase the severity of attacks.