

Oct 2017

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

Start this month focusing on your health goals. Write your three new health goals in the bottom right corner.

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October is breast cancer awareness month. Did you know breast cancer affects 1 in 8 women?

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How can you add exercise to your weekend routine?

Learn more [here](#).



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Make this healthy recipe for your next smoothie.

[Start with this healthy recipe.](#)

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Turn on your favorite music to pump up your workout.

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Perform an act of kindness today. Try starting a conversation with a new co-worker.

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Add steps to your weekend by visiting a local pumpkin patch.

Learn more [here](#).

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Add color to your meals by putting multiple fruits on your plate this week.

Learn more [here](#).

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Be mindful this weekend. Try a new yoga pose or meditation.

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Did you meet your health goals this month? Check them on the right.

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Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

2017 Oct

Focus on Women's Health Month.

Did you know you make 200 decisions about food every day? Make the easy choice and get your daily fill of fruits and veggies in a delicious smoothie. Read more about the benefits of smoothies to women's health. Smoothies are also a healthy option for men!

The Virtues of a Smoothie...

Pack Your Protein

Proteins are an important part of your bones, muscles, and skin. Good sources of protein include: milk, yogurt, and nut butters.

Heart - Healthy Fats Do a Body Good

Omega - 3 fatty acid helps your body work well. Blend in some walnuts and flaxseed to increase your healthy fat intake.

Find Your Mindful Moment

De-stress by taking a quiet moment to sip a smoothie and find your zen.

Need Calcium and Iron? Blend it Up!

Get your dose of bone-building vitamins by blending in some spinach (for iron) and kale (for calcium).

Get in Your Daily Serving of Fruit and Veggies

They are a great way to get the vitamins and nutrients you need. Add an orange to get in your dose of potassium which helps to lower blood pressure.



www.BalancedWellnessKY.com
info@BalancedWellnessKY.com
502-716-7773