



May

Employee Health and Fitness Month Calendar of Change

www.ahealthiermichigan.org

As employees, we spend the bulk of our day at work. So, it's important to incorporate a healthy lifestyle at our workplace as well as at home. On average, people spend 9.3 hours every day in the seated position. Whether in the car, at a desk or on the couch watching TV, the majority of us sit for longer periods of time throughout the day than we do sleeping. In a study from the Journal of the National Cancer Institute, researchers report that people who spend more hours of the day sitting have up to a 66 percent higher risk of developing certain types of cancer than those who aren't as inactive. We also have a tendency to stay busy with work, to the point that convenience foods with higher amounts of fat, sugar and salt become the norm. The average American is only consuming about 5-15 grams of fiber per day, when we should be having anywhere from 25-40 grams of fiber daily. Changing some of our current unhealthy behaviors to focus on better health and wellness will help us be better for ourselves, at home and at work.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|--|---|---|--|
| Make a meal plan menu for the week. Set a nightly routine to help you stay organized | Park the car further to get more steps in | Drink at least 64 ounces of water today | Instead of calling colleagues, walk to their desk to speak to them all day | Cinco de Mayo Infuse your water with limes or your favorite fruit of choice today | Make a healthy home-cooked meal for dinner. | Plant a garden today. Some ideas could be flower, herb or a vegetable garden |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Mother's Day Hug your mom or another female matriarch in your family | Meditate for at least 10 minutes today. Stand or walk during your conference call meetings this week | Eat at least two vegetable servings today | Go for a walk at lunch today | Pack a healthy lunch for work | Drink at least 24 ounces of water before lunch today | Go for a bike ride or walk with your family |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Set an alarm to go to bed on time every night | Make a list of five important things you must get done this week; professionally and personally | Only take the stairs all day long today | Eat at least 2 servings of vegetables today | Ride your bike to work today | Aim for at least 25 grams of fiber today – but not all at the same time. ;) | Try a new healthy recipe today |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Organize a part of your home that needs it | Schedule a doctor or dentist appointment that you have been putting off. | Do some desk exercises or stretches at work today | Cut all your portions in half today | Cut out all sugary drinks and pop (regular and diet). | Eat some heart healthy fish today | Do some resistance training today — think sit-ups, push-ups, lunges, squats and more |
| 29 | 30 | 31 | During this month of May, let's celebrate and embody this month's theme of health and fitness with the calendar of change. The goal is to accomplish each healthy behavior on the assigned day, but more importantly try to carry each day into the next one throughout the month to be your healthiest self for a lifetime. | | | |
| Do something fun outside today | Memorial Day Include at least one vegetable and one fruit serving at your BBQ today. | Make all meals meatless | | | | |

Share your progress with this challenge on social media using **#HealthyMe**.

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