



# May

## Employee Health and Fitness Month Calendar of Change

[www.ahealthiermichigan.org](http://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	<b>Cinco de Mayo</b> 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
<b>Mother's Day</b> 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	<b>Memorial Day</b> 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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