

Ni's Daily Tips

~ February 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Set a Goal 	2 Walk around during commercials 	3 Chew food slowly 	4 Exercise to a video tape with a friend 
5 Drink Water Super Bowl 	6 Be Aware of fat intake 	7 Eat a veggie with each meal 	8 Eat whole grain bread and pasta 	9 Encourage a gainer 	10 Spend 20 minutes by yourself 	11 Be in Control of your sweet tooth 
12 Journal this week 	13 Do a random act of kindness It's Kindness Day and I'm picking You to show the kindness to! 	14 Happy Valentine's Day! 	15 Re-evaluate your goal Adjust if necessary 	16 No eating after 7:00 pm 	17 Do Not Skip Meals 	18 List 5 things that you are Thankful For 
19 Cut 100 calories this week 	20 Eat a Healthy Snack Fruits and vegetables EAT 5 A DAY for better health 	21 Do Chair Exercises 	22 Sing, Sing a Song 	23 Call A Friend 	24 Get 8 hours of sleep We dream... 	25 Relax for 30 minutes with a cup of tea and a good book 
26 Spend 1 hour doing a family activity 	27 Limit Sweets 	28 Drink your water 	29 Did you meet your Goal? 	Notes: Sharon Nihoff Area Captain 13159 Rt. 34 Martville, NY 13111 626-6929 - H 243-2829 - C		

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