DAY 1
Say hello to strangers.
Endorphins surge.
30-Day Wellness Jumpstart

DAY 2

Go to bed early.

Your brain and body want 7-9 hours.
30-Day Wellness Jumpstart

DAY 3

Walk for 60 minutes.

Destress and burn 300 calories.
Practice gratitude.

It’s a key to happiness.
DAY 5
Eat more non-meat protein.

Nuts, tofu, lentils, beans ...
DAY 6

Find alone time.

Relax. Breath slowly.
30-Day Wellness Jumpstart

DAY 7

Free yourself from technology.

A day without computers, phones, television.
DAY 8

Reduce the sugar in your breakfast.

Forget processed box cereals.
30-Day Wellness Jumpstart

DAY 9

Park far away.

500 steps is a quarter mile.
30-Day Wellness Jumpstart

DAY 10

Make your own salad dressing.

So simple.
DAY 11

Phase in more whole foods.
30-Day Wellness Jumpstart

DAY 12

Take the stairs.
30-Day Wellness Jumpstart

DAY 13

Call your mother.

Connect with loved ones regularly.
30-Day Wellness Jumpstart

DAY 14

Eat high fiber foods.

Artichokes, peas, pears ...
DAY 15
Get up every 30 mins.

No sitting all day.
DAY 16
Cuddle more.

It reduces stress.
DAY 17
Eat with others.

Make it social.
DAY 18
Know your numbers.
Checkups annually.
30-Day Wellness Jumpstart

DAY 19

Express yourself.

Artistic activities reduce stress.
DAY 20

Eat local and seasonal.

Connect with your place.
30-Day Wellness Jumpstart

DAY 21

Exercise with friends.

Make it social.
DAD 22
At least once a week make a meatless meal.
DAY 23

Learn to say, “No.”

Manage your stress.
30-Day Wellness Jumpstart

D A Y  2 4

Visit with friends.

Connect with your community.
30-Day Wellness Jumpstart

DAY 25

Play outside.

Damn the weather.
DAY 26
Make your plate colorful.

Eat the rainbow.
30-Day Wellness Jumpstart

DAY 27

Take a break.

Burnout lowers immunity.
30-Day Wellness Jumpstart

DAY 28

Drink more water.

Hint: The lighter your urine, the more hydrated you are.
DAY 29
Move naturally.

Just walk.
30-Day Wellness Jumpstart

DAY 30

Eat lunch outside.

You’ll be happier at work.