

Make MAY Matter!

Follow along each week for a different wellness theme

Share your photos & messages on our Facebook page



If completed!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<input type="checkbox"/> 1 May Day Celebrate by taking a walk in nature	<input type="checkbox"/> 2 National Fitness Day Share with us your favorite workout!
<input type="checkbox"/> 3 Movement Matters	<input type="checkbox"/> 4 Kickboxing with Sandra Visit the Facebook page	<input type="checkbox"/> 5 Manage your Miles Bike/run/walk for 45 min	<input type="checkbox"/> 6 Low Impact Cardio with Sandra Visit the Facebook page	<input type="checkbox"/> 7 Manage your Miles Bike/run/walk for 45 min	<input type="checkbox"/> 8 Cardio & Squats with Sandra Visit the Facebook page	<input type="checkbox"/> 9 Mid-day Movement Complete 1 min wall sit and 25 burpees
<input type="checkbox"/> 10 Mental Health Matters Happy Mother's Day!	<input type="checkbox"/> 11 National Foam Rolling Day Visit the Facebook page for tips!	<input type="checkbox"/> 12 Meditation with Kristi Visit the Facebook page	<input type="checkbox"/> 13 Me Time Take 10 mins for yourself -read, walk, work on a hobby	<input type="checkbox"/> 14 Meditation with Kristi Visit the Facebook page	<input type="checkbox"/> 15 Minimize Minutes Turn your devices off 30 mins before bed	<input type="checkbox"/> 16 National Do Something Good For Your Neighbor Day
<input type="checkbox"/> 17 Mindful Eating Matters	<input type="checkbox"/> 18 Meatless Monday Be a vegetarian for the day!	<input type="checkbox"/> 19 Master Chef Share a healthy recipe with us!	<input type="checkbox"/> 20 Manage Water Intake Make sure you are drinking 8oz a day	<input type="checkbox"/> 21 Manage the Munchies Eliminate all junk food for the day	<input type="checkbox"/> 22 Meal Prep Visit the Facebook page for tips!	<input type="checkbox"/> 23 Memorial Day Cookout Cocktail Visit us on Facebook for recipe
<input type="checkbox"/> 24 Make It Happen! Putting it all together	<input type="checkbox"/> 25 Happy Memorial Day!	<input type="checkbox"/> 26 Rubber band Resistance with Sandra	<input type="checkbox"/> 27 Standing Stretch with Sandra Visit the Facebook page	<input type="checkbox"/> 28 National Hamburger Day Visit Facebook for a healthy recipe	<input type="checkbox"/> 29 Glute Bridge:4 Different Ways Visit the Facebook page	<input type="checkbox"/> 30 MyWellness Download the app and visit Facebook info!

