

# 30 Day Happy and Healthy Challenge

Improve your physical, mental and emotional health

**1**

Use cinnamon instead of sweeteners/sugar in coffee

**7**

Do a breast self-exam and schedule a mammogram if needed

**19**

Pair an apple or banana with peanut butter for breakfast

**25**

End the day with 10 squats

**2**

Schedule your annual exam with primary care doc

**8**

Go to bed 30 minutes early

**20**

Skip social media

**26**

Shop local instead of online

**3**

Soak up sun for 5 minutes, don't forget SPF!

**9**

Dance to your favorite song

**13**

Skip dessert and sweets

**16**

Get 5,000 steps before noon

**21**

Eat high-fiber super food... beans

**27**

Eat fruit for dessert

**4**

Drink 64 oz. of water

**10**

Stop eating before you get full

**14**

Schedule your annual GYN exam

**17**

Add a vegetable to your lunch

**22**

Turn off TV, read a book or magazine

**28**

Grab a friend for a 30-minute walk

**5**

Get 10,000 steps

**11**

Start the day with 5 minutes of stretching

**15**

Do deep breathing for 5 minutes

**18**

Snuggle with a pet or loved one

**23**

Skip refined white bread

**29**

Drink warm water with lemon in the morning

**6**

Snack on veggies

**12**

Call a friend you miss

**24**

Learn to cook a healthy new meal

**30**

List 5 things you are grateful for



**PennState Health**  
St. Joseph

**Women's Health**