30 Day Happy and Healthy Challenge

Improve your physical, mental and emotional health

1. Use cinnamon instead of sweeteners/sugar in coffee
2. Schedule your annual exam with primary care doc
3. Soak up sun for 5 minutes, don’t forget SPF!
4. Drink 64 oz. of water
5. Get 10,000 steps
6. Snack on veggies
7. Do a breast self-exam and schedule a mammogram if needed
8. Go to bed 30 minutes early
9. Dance to your favorite song
10. Stop eating before you get full
11. Start the day with 5 minutes of stretching
12. Call a friend you miss
13. Skip dessert and sweets
14. Schedule your annual GYN exam
15. Do deep breathing for 5 minutes
16. Get 5,000 steps before noon
17. Add a vegetable to your lunch
18. Snuggle with a pet or loved one
19. Pair an apple or banana with peanut butter for breakfast
20. Skip social media
21. Eat high-fiber super food…beans
22. Turn off TV, read a book or magazine
23. Skip refined white bread
24. Learn to cook a healthy new meal
25. End the day with 10 squats
26. Shop local instead of online
27. Eat fruit for dessert
28. Grab a friend for a 30-minute walk
29. Drink warm water with lemon in the morning
30. List 5 things you are grateful for

Need to get connected to a doctor or service? Call 610-378-2001 or email FindaPhysician@pennstatehealth.psu.edu