

30-day Challenge Ideas Month of September

For the month of September, here are four ideas for a 30-day challenge from which you can decide which is best suited for you. Since September is "Healthy Aging" month, I have selected challenge options that are aimed at slowing the aging process. If by chance you like them all, you can do a different one every week; or pick two and do each for two weeks. Sometimes facing a challenge in small increments can help with success. If you do try any and would like to share, I would love to hear from you! As a reminder, I am always here to offer support whenever you need motivation to continue!

1. Incorporate at least one extra vegetable to every meal.
2. Get 7-9 hours of sleep every night for overall health and well-being. Keep track of it!
3. Spend 1-5 minutes a day repeating a positive affirmation about yourself or something you want to accomplish.
4. Incorporate a balance exercise at least twice a week to help strengthen your core muscles, improve stability and prevent falls.*

* Perhaps try a yoga or Tai Chi class. If you are not a member of a gym, look online – there are hundreds of YouTube options. Practice standing on one leg at your desk or in line at the grocery store. Maybe try doing your bicep curls while on one foot.