






























# Inflammation Tamer Challenge: February 2023

Name:

Department:

# of completed activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 If you use nicotine, email Jess about quitting or look up how long it takes for smoking-related inflammation to go away. </p>	<p>2 Take 10! Set aside 10 minutes to relax without anything in front of you. Just breathe. </p>	<p>3 Practice a quick and easy heart-healthy cooking method like roasting, steaming, or sautéing! </p>	<p>4 Make time for restful sleep today- either with a nap or an early bedtime. </p>
<p>5 Try 30 minutes of joyful movement- with something that gets your heart rate up that you actually enjoy! </p>	<p>6 Start the week with greens! Incorporate leafy greens into a meal today </p>	<p>7 Do the noon-boogie! Walk or move your body for 20 minutes at lunch; grab a co-worker if you can! </p>	<p>8 Take a break! Take a 15 minute break in your afternoon to stretch and breathe. </p>	<p>9 Think about your relationship with alcohol and how you can aim for 1-2 drinks each day or fewer. </p>	<p>10 Commit to eating no fried foods today; opt instead for baked, sautéed, or grilled. </p>	<p>11 Prepare for the big game; stock up on fruits, veggies, lean protein, and whole grain snacks. </p>
<p>12 It's Game Day! Limit yourself to 2 alcoholic beverages, and sneak in some physical activity today. </p>	<p>13 Take 5 minutes to clear your mind. Meditate or simply set a timer and sit in silence for 5 minutes. </p>	<p>14 Schedule time with a friend for stress relief. </p>	<p>15 Make time for restful sleep today- either with a nap or an early bedtime. </p>	<p>16 Exercise after eating- move your body after a meal today for 15 minutes or longer </p>	<p>17 Try to balance your meals and snacks today with a mix of carbohydrates, protein, and fat. </p>	<p>18 Get proactive about something that has been causing you stress lately. </p>
<p>19 Stock up on fruits, veggies, and good fats- like salmon, nuts, olive oil and avocados. </p>	<p>20 Sit quietly for 10 minutes without distractions. Focus on your breath if your thoughts start to drift. </p>	<p>21 Revamp your snacks to trade out refined carbs for whole food options. </p>	<p>22 Ode to oils- cook with heart-healthy olive oil today. </p>	<p>23 Do the noon-boogie! Walk or move your body for 20 minutes at lunch. </p>	<p>24 Start your day with greens! See email for suggestions. </p>	<p>25 Make time for restful sleep today- either with a nap or an early bedtime. </p>
<p>26 Try 30 minutes of joyful movement- with something that gets your heart rate up that you actually enjoy! </p>	<p>27 Eat a handful of heart-healthy nuts like almonds, pecans, or walnuts. </p>	<p>28 Enjoy some tea or dark chocolate with a meal to get the benefits from flavonoids </p>	Notes:			

## February is Heart Health Month!

This year we are focusing on activities that reduce inflammation, as it is a primary driver for type 2 diabetes and heart disease. Try to do each activity within 1-2 days of its calendar date here and check the box when complete. Log 5-10 activities for 5 points; 11-20 for 10 points, or 21-28 for 15 points. Return your completed form to Jess Brown in HR by March 7 to qualify for points and prizes.