



2010 Heart of Texas Wellness Calendar

Produced by the
Cardiovascular Health and Wellness Program
www.texascvdcouncil.org



**2010
Heart of Texas
Wellness Calendar**

June 2010

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Relieve stress: Read a book today	3	4	5 Take the family or friend on a picnic
6 National Cancer Survivors Day	7 National Headache Awareness Week 6-12	8	9	10	11 Relieve stress: Go see a movie	12
13	14 National Men's Health Week 14-22	15	16	17 Men: Schedule wellness checkup	18 Drink 8 glasses of water	19 Emancipation Day
20 Father's Day	21 Summer Begins	22	23 Exercise: Take an aerobic class	24	25	26 Grill or bake your food instead of frying
27	28	29 Go for a bike ride with friend or family	30			
Physical Activity Log _____minutes _____miles _____steps						

HEALTH OBSERVANCES

- Fireworks Safety Month (Jun 1-Jul 4)
www.preventblindness.org
- National Aphasia Awareness Month
www.aphasia.org
- National Scleroderma Awareness Month
www.scleroderma.org
- National Scoliosis Awareness Month
www.scoliosis.org
- Vision Research Month
www.preventblindness.org
- Home Safety Month
www.homesafetycouncil.org

Exercise Regularly

Be physically active, preferably getting 30 minutes of **moderately-intense** activity per day.

Being physically active helps reduce risk for cardiovascular disease, lowers cholesterol, lowers high blood pressure, reduces the risk of developing type 2 diabetes, and increases longevity.

Regular physical activity also promotes psychological well-being and reduces feelings of stress, depression, and anxiety.

