

# September 2023

STEP IT UP-TEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
	STEP IT UP MONDAY	THANKFUL TUESDAYS	NEW RECIPE WEDNESDAY	TWISTED THURSDAY	PARK IT FAR FRIDAY	
10	11	12	13	14	15	16
	STEP IT UP MONDAY	THANKFUL TUESDAYS	NEW RECIPE WEDNESDAY	TWISTED THURSDAY	PARK IT FAR FRIDAY	
17	18	19	20	21	22	23
	STEP IT UP MONDAY	THANKFUL TUESDAYS	NEW RECIPE WEDNESDAY	TWISTED THURSDAY	PARK IT FAR FRIDAY	
24	25	26	27	28	29	30
	STEP IT UP MONDAY	THANKFUL TUESDAYS	NEW RECIPE WEDNESDAY	TWISTED THURSDAY	PARK IT FAR FRIDAY	
1	2					



## SMSD CHOICE CALENDAR:

What is a choice calendar? The goal is to choose two that you are committed to each week. They can be the same choice each week for 4 weeks or you can choose two different ones each week. That's the fun. It's your choice! You can also choose to participate each choice day for a total of 5 days/week. The choice calendar has a focus each month with activities that align with the focus but give you an opportunity to not only challenge yourself but connect to others as well.

# September-Step-it UP tember

## Step it up Monday:

Get a buddy, set a time to meet, before or after work and walk for 30 min. BONUS-SOCIAL TIME!

## Thankful Tuesdays:

Before you go to bed, write down 3 things in your day that you are thankful for. Take a it a step further and choose a different co-worker each week to give a compliment to.

## New Recipe Wednesday:

Make a new recipe you've been wanting to try. Recreate that meal from your favorite place. This is an opportunity to get messy and creative while spicing things up in the kitchen!

## Twisted Thursday:

Twist up your routine by booking a new class, trying a new workout on youtube or your chosen platform. Get out of that comfort zone and move that body!

## Park it Far Friday:

Intentionally park your car far from your destinations and walk! Get those extra steps in by parking further away today. Whether it's work, the grocery store or around the corner from your house!