

JANUARY 2017



# LIVE WELL SAN DIEGO 31-DAY CHALLENGE LIVE WELL EVERY DAY

The *Live Well San Diego* 31-Day Challenge is designed to help you try new things and accomplish simple tasks each day for a month to help you grow towards a healthy, safe and more thriving life. If you missed January's Challenge you can still use the list below to challenge yourself to live well every day. Click each item in the list below for more information.

- 1. Set A Resolution to Live Well Every Day
- 2. Get Outside
- 3. Move Your Body
- 4. Drink More Water
- 5. Take an Emergency Training Class
- 6. Listen or Read to Learn Something New
- 7. Get Organized
- 8. Create a Savings Plan
- 9. Learn to Defend Yourself
- 10. Organize a Group Walk at Work or in Your Neighborhood
- 11. Quit Smoking or Help Someone Quit
- 12. Connect with 2-1-1 San Diego
- 13. Practice a Random Act of Kindness
- 14. Enjoy Local Art and Culture
- 15. Register for AlertSanDiego
- 16. Get Involved
- 17. Eat More Fruits and Vegetables
- 18. Sign Up for a 5K
- 19. Stop By Your Local Farmers Market
- 20. Spend Extra Time with Your Children or a Loved One
- 21. Make an Appointment to Donate Blood
- 22. Create a 72-Hour Emergency Supply Kit
- 23. Take a Moment for Positive Self-Talk
- 24. Create an Action Plan to Help You Reach a Long Term Goal
- 25. Inquire About Becoming or Getting a Mentor
- 26. Participate in a Cleanup Event
- 27. Learn to Meditate to Reduce Stress
- 28. Get to Know Your Neighbors
- 29. Fight the Bite!
- 30. Schedule a Physical Exam or Dentist Appointment
- 31. Ride Your Bike or Take Public Transit

**Love Your Heart Bonus Challenge on Back!**



Learn more about the *Live Well San Diego* 31-Day Challenge at [LiveWellSD.org/31-Day](http://LiveWellSD.org/31-Day)



# LOVE YOUR HEART

Love Your Heart is an annual event that takes place on or before February 14th during which the County of San Diego and its partners provide free blood pressure screenings to the public at select sites throughout the San Diego region and Mexico. The goal of Love Your Heart is to activate residents to “join the heart health movement” by taking charge of their own heart health.

## 14-DAY BONUS CHALLENGE

- 1. Mark Your Calendar for Love Your Heart Day
- 2. Go Red For Women
- 3. Volunteer for Love Your Heart 2017
- 4. Learn More About Hypertension
- 5. Know the Warning Signs of a Heart Attack, Stroke or Cardiac Arrest
- 6. Learn the 2-Steps to Save A Life
- 7. Know Your Numbers
- 8. Eat Heart Healthy
- 9. Change Up Your Routine for Heart Health
- 10. Increase Your Physical Activity
- 11. Quit Smoking for Your Heart
- 12. Invite a Friend to Join You on Love Your Heart Day
- 13. Join the Conversation
- 14. Get Your Blood Pressure Checked

## Live Well Every Day

To live well is to make healthy choices every day. To feel safe and secure at work, at school, at home and in your neighborhood. To have the highest possible quality of life.

The *Live Well San Diego* vision goes beyond personal wellness and quality of life. *Live Well San Diego* is the vision for a San Diego region that is Building Better Health, Living Safely and Thriving, and it involves everyone. It unites the County, its partners and YOU to contribute in unique ways to not only improve your own life, but to help improve the lives of your family, friends, neighbors and all 3.3 million residents living in the San Diego region. Together, we can do more than each of us can do alone.

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