













Keep a steady weight this holiday season with our Maintain, Don't Gain Challenge!

NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 30</p> <p>"Catch some great coping strategies and skills for managing stress" by making this Stress Catcher! https://tinyurl.com/5cu84pph</p>	<p>October 31</p> <p>Happy Halloween! There will be a lot more people out and about. Practice pedestrian safety! https://tinyurl.com/6p7fxmam</p> 	<p>November 1</p> <p>Type 2 diabetes is preventable. Take charge of your health today and learn how to prevent it. https://tinyurl.com/5dk33j4r</p>	<p>November 2</p> <p>"Every aspect of wellness can affect a person's life. Working toward all of them in one way or another is a great goal..." Here's a helpful guide: https://tinyurl.com/3zhiznx7</p>	<p>November 3</p> <p>Did you know that the food you eat can affect your brain function? Check out some good food for your brain here: https://tinyurl.com/yc2xbpsf</p> 
<p>November 6</p>  <p>For the month of November, we have a Maintain Don't Gain challenge. Holidays can be tricky, but you can do it! https://www.cdc.gov/healthyweight/index.html</p>	<p>November 7</p> <p>November is Lung Cancer Awareness Month. Learn more about what you can do to keep your lungs in good condition: https://www.lung.org/lung-health-diseases/wellness</p>	<p>November 8</p> <p>"Sweet potatoes can add color, sweetness, and nutrients to meals, side dishes, and snacks." Learn more here: https://tinyurl.com/fk5ebxf4</p> 	<p>November 9</p> <p>It's also Alzheimer's Awareness Month. Did you know there are 3 million new cases each year? What else should you know? Find out here: https://alzfdn.org/alzawarenessmonth/</p>	<p>November 10</p>  <p>"Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions" https://tinyurl.com/mt3bpci9</p>
<p>November 13</p> <p>Today is World Kindness Day! Kindness can decrease blood pressure and cortisol, which has to do with stress levels. Learn more: https://tinyurl.com/47vux3dp</p> 	<p>November 14</p> <p>National Seatbelt Day is a day to encourage others to buckle up; it could save a life! https://trafficsafetyteam.org/national-seat-belt-day/</p> 	<p>November 15</p> <p>It's National Clean Out Your Refrigerator Day. Check that your food is still good and stored right. Use these tips to help you: https://food.unl.edu/article/refrigerator-and-freezer-storage</p>	<p>November 16</p> <p>It is the Great American Smokeout today! It's not easy to quit using tobacco. Make a plan and set a date. Here are resources to help you: https://tinyurl.com/2s3rcu6d</p> 	<p>November 17</p>  <p>On National Take a Hike Day, it's a great time to get outside for some fresh air and some movement! Also, it's a great way to maintain your weight. https://tinyurl.com/3n4n5eu3</p>
<p>November 20</p> <p>In 2023, it's estimated there will be a total of 238,340 new cases of lung cancer in America. Learn more about what lung cancer is, the different types, and how it can affect a person. https://tinyurl.com/3ffjvs6m</p>	<p>November 21</p> <p>November is also National Family Caregivers Month. The need for caregivers is growing with the increasing older population. Recognize the caregivers you know today and thank them for what they do! https://tinyurl.com/mr3zff84</p>	<p>November 22</p> <p>Black Out Wednesday Binge drinking and impaired driving are higher during Thanksgiving weekend, and especially the Wednesday before. Alcohol sales and crashes spike during this holiday as well. Drink responsibly; if you drink, don't drive. https://tinyurl.com/2p98399k</p>	<p>November 23</p>  <p>Happy Thanksgiving! Don't give up on your maintain don't gain goal just for the holiday. There are ways to enjoy your favorite foods and reach your goals! https://tinyurl.com/349twsx</p>	<p>November 24</p> <p>It's National Flossing Day! Do you floss your teeth? How often? Even the best toothbrush can't get everything. Learn more about flossing here: https://www.mouthhealthy.org/all-topics-a-z/flossing</p> 
<p>November 27</p> <p>On Cyber Monday, many people are buying things online and sharing their personal information. Make sure you know how to keep your health information secure while online. https://tinyurl.com/yc6rb3nz</p>	<p>November 28</p> <p>Today is National Day of Giving! Did you know that there are beneficial health effects to giving? Check out this article to learn more: https://tinyurl.com/bdfzm6fw</p> 	<p>November 29</p> <p>It's Throw Out Your Leftovers Day! Learn about leftover food safety. Protect yourself from bad leftovers and sickness. https://food.unl.edu/article/leftover-food-safety</p>	<p>November 30</p> <p>"Research shows that the best brain foods are the same ones that protect your heart and blood vessels..." Read this article to learn about those foods: https://tinyurl.com/y9jci7fw</p>	<p>December 1</p> <p>Speeding wrecks lives! "More than 12,000 people were killed in speed-related crashes in 2021 – a 8% increase from 2020." Learn more here: https://www.nhtsa.gov/campaign/speeding-catches-up-with-you</p> 