

April 2020

Stress Awareness Month

WED
01



ADDRESS YOUR STRESS DAY

Today's the day you get a fresh start on managing your stress (no fooling!). Ready? **Commit to taking 5 minutes to address your stress today.** [Here's a link](#) to some of our best quick tips.

THU
02

Your mantra for today: Don't stress. Do your best. Forget the rest!
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Don't stress. Do your best. Forget the rest!

FRI
03



ADDRESS YOUR STRESS DAY

Try Tai Chi. It's a gentle exercise that integrates activity, breath awareness, and mindfulness, while connecting you with others — all great things for your health.

SAT
04



You know from experience sugar isn't good for your weight. But it doesn't stop there: Sugar is really bad for almost every aspect of your body, from your heart to your joints to your liver — and beyond. **Take a step and try to avoid added sugar today.**

SUN
05



It's Carb Swap Day! At lunch today, ditch the bread and turn your sandwich into a big salad. Add a bunch of fresh greens and a handful of nuts, and drizzle with extra-virgin olive oil and vinegar. Congrats — you just saved almost 30 grams of carbs.

MON
06



MOTIVATION MONDAY

"The most effective way to do it is just to do it." — Amelia Earhart

TUE
07



The hustle of everyday life can be stressful, which can raise your risk of heart disease. Today, take a step to center yourself: **Stop every hour to close your eyes and take three deep breaths.**

WED
08



If you've bought yogurt recently, you were probably tempted by the delicious flavors and combos. But most of them are loaded with sugar your body doesn't need. **Stick with plain yogurt and do your own mix-ins:** blueberries, nuts, or low-sugar granola. Congrats — you just saved about 20 grams of sugar!

THU
09



You can still satisfy your sweet tooth while you're cutting back on sugar. **Have a square of dark chocolate for dessert. Eat an apple for a snack. Or treat yourself to the occasional bowl of ice cream.** Moderation is key.

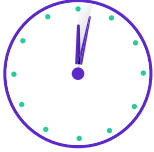
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FRI
10



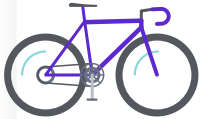
FUN FACT: There is a GOOD kind of stress — it's called eustress. Eustress is the type of stress that makes you feel vital and alive, like when you're riding a roller coaster or falling in love.

SAT
11



It's true: It only takes 1 minute to be more mindful. [Try this exercise](#) to center yourself, lower your stress, and recalibrate your day.

SUN
12



Cycling is one of the best exercises because it raises your heart rate while being really kind to your joints. **Take your bike out for a 20-minute ride today.** Don't have one? Find a spin class at a nearby gym.

MON
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MOTIVATION MONDAY

"The greatest weapon against stress is our ability to choose one thought over another." — William James

TUE
14



ADDRESS YOUR STRESS DAY

Stress has many effects on your body, including raising your heart rate and blood pressure. **Take just 5 minutes after work today to sit quietly and breathe** — it can be a game changer.

WED
15



To increase your fiber and boost your folate (B vitamin), eat a cup of beans today. Optimal folate levels have been shown to reduce your risk of stroke and heart disease.

THU
16



Add turmeric to your spice cabinet today. It's a rising star in the healthy spice world because it's got anti-inflammatory benefits, and inflammation is a major contributor to heart disease.

FRI
17



It's Carb Swap Day! Swap your morning cereal for scrambled eggs with pico de gallo salsa on the side. Congrats — you just saved about 30 grams of carbs!

SAT
18



ADDRESS YOUR STRESS DAY

Make plans to get together with a friend today. A Swedish survey found that people with even one close relationship are healthier and happier.

SUN
19



Overdue for your doctor's visit? **Make an appointment today to get your yearly **checkup.**** It will help you catch any problems early and learn more about lowering your risk of health disease.

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MON
20



Add broccoli to the menu today. It's packed with vitamins K and C that help you lower your risk for heart disease and other conditions. Steam it in the microwave, and then add a squeeze of lemon juice and a drizzle of extra-virgin olive oil.

TUE
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ADDRESS YOUR STRESS DAY

Trade your treadmill for the trail today. Just 20 minutes of contact with nature will lower stress hormone levels. Can't get outside? [Listen to our beach relaxation audio track](#) and let it soothe your mind and body.

WED
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Extra-virgin olive oil is one of the best things on the planet. Besides being delicious, it offers a powerful mix of antioxidants that reduce "bad" cholesterol. **Add it to your pantry today.**

THU
23



Avocados are a great source of "good" fat and fiber. Lucky for us, avocados are available year-round, **so grab a few at the grocery store today.**

FRI
24



Get your 30 minutes of exercise today. The more you exercise, the greater the health benefits. But recent studies show that any exercise is better than none when it comes to protecting the heart.

SAT
25



Clean out your pantry today. And by "clean," we mean get rid of the processed foods that are full of hidden sugars and unhealthy fats. Don't you feel lighter and leaner already?

SUN
26



Eat a plant-based diet one day over the next week. Here's a plan: oatmeal for breakfast, salad with avocado for lunch, and a veggie burger with a side of broccoli for dinner.

MON
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MOTIVATION MONDAY

***"The key to success is playing the hand you were dealt as if it were the hand you wanted."* — Anonymous**

TUE
28



ADDRESS YOUR STRESS DAY

Music can have a profound effect on both your emotions and your body. **Quiet your mind and soothe your stress** by putting on a playlist of your slow-tempo favorites.

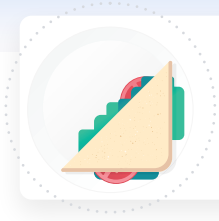
WED
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Flaxseed is full of omega-3 fatty acids that protect your heart and fiber to keep your digestive system healthy. **Sprinkle a handful of ground flaxseed on your yogurt this morning.**

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THU
30



Paying attention to portion size will keep you from eating too many calories while also allowing you to eat the foods you enjoy. [Here's a great video to help you visualize smart portions.](#)

Sign up to get more healthy tips at go.livongo.com or call 800-945-4355.