

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Walktober Begins!	2	3
4	5 <u>Walktober: Registration & Team Formation Deadline</u>	6	7	8	9	10
11	12	13	14 Chair Repair: Undoing the Damage of Sitting: <u>12:00 p.m.</u> <u>*Recording Available</u>	15	16	17
18	19	20 Healthy Bones and Joints: <u>3:30 p.m.</u>	21	22 TSG Cooking Show: Chili Today, Calm Tomorrow: <u>12:00 pm</u> <u>*Recording Available</u>	23	24
25	26 Hydration and Exercise: <u>8:30 a.m.</u> & <u>3:45 p.m.</u> *only 15 minutes!	27	28 Exercise for a Healthier You: <u>8:30 a.m.</u> & <u>3:45 p.m.</u> *only 15 minutes!	29	30	31

Additional Resources

Podcasts:



- Learn some joint protection tips with Healthy Joint Mobility



- Upper Body Mobility can help prevent injury and keep your joints healthy.



- Keeping your hips healthy is not only good for the hip but other areas of the body - Maintaining Healthy Hips

Programs:



Walktober Step Challenge



Full Body Workplace Stretching Program



Life on Mindfulness



NEW On-Demand Mindfulness Program: Walking Into Mindfulness