

GET IN TOUCH WITH NATURE!

**MOTIVATED
MONDAYS**

A YEAR OF MINI RESOLUTIONS

Nature is good for you! For this week, be sure spend time in nature each day. Level up the benefits of nature by taking a walk outside after lunch! The benefits include improving your post-prandial blood sugar, your mental outlook and your cognitive health.

Remember to continue to limit meals with no added sugar and log your time in bed.

DAY	NATURE	NATURE WALK	SLEEP	SUGAR
4/22				
4/23				
4/24				
4/25				
4/26				
4/27				
4/28				



**CONCIERGE
CHOICE**PHYSICIANS