LONGEVITY CHALLENGE — March 2023

The SilverSneakers SHOW

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHALLENGE CATAGORIES 🟢 Plant-forward Diet 🟠 Movement Matters 🔵 Connect to Community ⚡ Renew and Energize 🌙 Sleep Well			**1** Today's Catagories: ⚡🌙 ⚡ Start a gratitude journal and write down one thing you're thankful for every day. 🌙 Go to bed at the same time each day.	**2** Today's Catagories: 🔵🟠 🔵 Introduce yourself to someone new. 🟠 Stretch for 10 minutes.	**3** Today's Catagories: 🟢⚡ 🟢 Try a Mason Jar Soup Recipe. ⚡ Put on your favorite song and dance.	**4** Today's Catagories: 🟢🔵🟠 🟢 Drink herbal tea. 🔵 Write a thank-you note. 🟠 5 Standing Core Exercises
5 Today's Catagories: ⚡🌙 ⚡ Enjoy the beauty of nature. 🌙 Try Tai Chi for Better Sleep.	**6** Today's Catagories: ⚡🟠 ⚡ Start reading a new book. 🟠 Walk up a flight of stairs or park further away from your destination.	**7** Today's Catagories: 🔵🌙 🔵 Ask a friend to meet, in-person or virtually. 🌙 Go outside to enjoy the sunlight in the morning.	**8** Today's Catagories: 🟠🟢 🟠 Try a new type of exercise or attend a new class. 🟢 Eat mindfully - Turn off the TV while you eat.	**9** Today's Catagories: ⚡🟢 ⚡ Try Square breathing to help you relax. 🟢 Try a new spice or herb.	**10** Today's Catagories: 🟢🔵 🟢 Try a healthy recipe (6 Easy Dinner Recipes for 2 Blog) 🔵 Join a group, like a book or astronomy club.	**11** Today's Catagories: ⚡🟠 ⚡ Put a living plant in your home. 🟠 Strengthen your core with Pilates.
12 Today's Catagories: 🔵🟠 🔵 Call or text a friend or family member. 🟠 Try these Feel-Good Standing Stretches.	**13** Today's Catagories: 🟢🌙 🟢 Try a day without any processed sugar. 🌙 Turn off electronic devices 2 hours before bed.	**14** Today's Catagories: 🟢🟠 🟢 Fill a bowl with fruit and place it where you can see it. 🟠 Try this Energizing Strength Workout.	**15** Today's Catagories: ⚡🟢 ⚡ Watch a documentary on a subject that interests you. 🟢 Stop eating before you are completely full.	**16** Today's Catagories: 🟢⚡ 🟢 Drink a glass of water before your morning coffee or tea. ⚡ Read a poem out loud.	**17** Today's Catagories: 🟢🟠 🟢 Try a healthy recipe (Make a High-Protein Snack Blog) 🟠 Walk or move for 10-30 minutes.	**18** Today's Catagories: 🔵⚡ 🔵 Smile at someone you don't know. ⚡ Try a new breathing practice like alternate nostril breathing.
19 Today's Catagories: ⚡🟢 ⚡ Spend 1 less hour on electronic devices or watching TV. 🟢 Substitute a sugary beverage with water	**20** Today's Catagories: ⚡🌙 ⚡ Practice mindful walking. 🌙 Stop eating at least 2 hours before bed.	**21** Today's Catagories: 🟢🟠 🟢 Make a healthy smoothie. (4 New Smoothie Recipes You're Going to Love) 🟠 Practice getting down to and up from the floor.	**22** Today's Catagories: ⚡🟠 ⚡ Spend 30 minutes listening to beautiful music. 🟠 Try mindful movement, like yoga, tai chi.	**23** Today's Catagories: 🔵⚡ 🔵 Reconnect with someone you haven't spoken to in a while. ⚡ De-clutter your desk or table.	**24** Today's Catagories: 🟢🌙 🟢 Try a healthy recipe (Make a Meatless Meal Blog) 🌙 Dim overhead lights 2 hours before bedtime.	**25** Today's Catagories: 🟢🔵 🟢 Substitute a sugary snack with fruit. 🔵 Volunteer for your favorite charity.
26 Today's Catagories: ⚡🔵 ⚡ Make a list of your good qualities. 🔵 Take a walk with a friend.	**27** Today's Catagories: ⚡🟢 ⚡ Do a progressive relaxation practice. 🟢 Eat 1 extra serving of vegetables.	**28** Today's Catagories: 🟢⚡ 🟢 Eat a cup of beans or lentils. ⚡ Try this beach walk mindfulness practice.	**29** Today's Catagories: 🔵🟢 🔵 Check in on a neighbor or family member. 🟢 Enjoy an entire day of plant-based eating.	**30** Today's Catagories: ⚡🟠 ⚡ Take time to enjoy a hobby. 🟠 Take an indoor walk.	**31** Today's Catagories: 🔵🌙 🔵 Host a potluck with healthy food choices. 🌙 Close the shades or use a sleep mask to get better sleep.	