


November - Healthy Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Attempt the Sunday crossword in the Star Telegram	2 Wake up 7 minutes early stretch Training - Monday's With Amy Open Enrollment for TCU Benefits Begins	3 Try a seasonal fruit like persimmons or kumquats	4 Take a bubble bath	5 Switch to whole grain pasta or bread Caregiver Resource Group Meeting	6 Give yourself a foot massage after a long week Training - Cooking Demo Shrimp & Scallop Ravioli	7 Look up local amateur sports leagues and put your name on the roster as a sub or a player. Go to www.fortworthathletics.com
8 Walk the TCU Greek	9 Accumulate 10 flights of stairs today/take a walk on your lunch break Focus on Benefits - Pension Fund on Campus Spanish Translation Available	10 Go to a restaurant with karaoke and get a good laugh. Try: The Moon on Tuesday nights	11 Bake an acorn squash. http://simplyrecipes.com/recipes/classic_baked_acorn_squash/ Training - Telephone Seminar - Smoking Cessation	12 Make your own personal pizzas at home instead of ordering in. It's cheaper and more fun! Training - DNA of Outstanding Leadership	13 Go to the TCU Symphony Orchestra concert at 7:30pm in Ed Landreth for FREE! Training - Holiday Fashions	14 Family Activity - TCU Football Game Utah
15 Take a sunset walk	16 Eat one more serving of vegetables than you normally do today	17 Pick up The Daily Skiff and do the Sudoku puzzle	18 Make a "to-do" list this morning and check things off Training - Brian Gutierrez What's On Your Bookshelf? Phone Seminar 7147730 Planning for the holidays	19 Wake up 10 minutes early to do 3 sets of 5 push-ups and 30 crunches Great American Smokeout	20 Go to a comedy club for a laugh - Hyena's in Fort Worth! Event - TCU Turkey Trot Training - Beating Holiday Sugar Blues Open Enrollment for TCU	21 Read the new book - <i>Her Fearful Symmetry</i> by Audrey Niffenegger . Pick it up at the TCU book store for an additional 10% discount!
22 Watch a feel good movie with a great ending. Try <i>The Pursuit of Happiness</i> .	23 For a healthy, tasty Fall dessert, bake some apples. http://simplyrecipes.com/recipes/baked_apples/	24 Pack a gym bag in the morning and work out after work or on your lunch break	25 Eat one more piece of fruit than you normally do today.	26 Offer healthy options like sweet potatoes without the marshmallows or a raw veggie tray. Thanksgiving 	27 Set up a puzzle and work on it with your family Enjoy Your Day Off	28 Family Activity - TCU Football Game New Mexico Catch up on some holiday shopping during the day!
29 Read/re-read a classic. Try <i>To Kill a Mockingbird</i> or <i>The Great Gatsby</i>	30 Pack a low sodium, veggie-rich soup for lunch today	For every 60 minutes you are sitting and working, get up and move around for 3 minutes. November Event - TCU Turkey Trot 2009 November 20th at 3:00 p.m. See flyer for details November Challenge - Great American Smokeout, November 19th - take this challenge and see where it may lead you. November Challenge - Maintain, Don't Gain - The holidays are here - let's maintain Telephone Seminars - Pre-register at ww4.premconf.com/websvp 48 hours before , use confirmation codes provided above.				