

LAAGER HEART MONTH CALENDAR

September 2021

**Tell a friend or a family member about this calendar. Let them join in the fun.
Put this calendar where you can see it or slot it in your daily reminders**

Heart Awareness Month is an initiative created by the Heart and Stroke Foundation South Africa



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Drink 4-6 cups of rooibos tea today.	2 Schedule an annual health check with your doctor or nurse.	3 Do a 1 min. wall sit or squats. Have a cup of Rooibos before each meal.	4 Look yourself in the mirror & smile. Only stop when the smile feels natural – not forced.
5  Read a book day! Read 10 pages of a book today.	6 Start your day with a cup of Rooibos. Eat oily fish for dinner tonight.	7  Drink at least 4 cups of Rooibos tea today.	8 Try to get 8 hrs sleep in. Have a cup of Rooibos in the evening to relax.	9  Practice mindful meditation or yoga for 15mins today.	10  Eat 2 types of green vegetables today.	11 Dance to your favourite music for at least 15mins. Try a new flavour of Laager Rooibos.
12 Share a funny joke or watch a funny video.	13 Meatless Monday Eat vegetarian for a day. Have a cup of Rooibos before each meal.	14 Walk more today. Use stairs, walk to work &/or park further & walk.	15  Get your blood pressure checked today.	16  Drink at least 4 cups of Rooibos tea today.	17 Call a friend you have not checked up on in awhile today, or do a video chat over a cup of Rooibos.	18 See how many push-ups you can do in 1 min. Make Rooibos ice blocks to use in a smoothie.
19  Drink at least 4 cups of Rooibos tea today.	20  Do not add any salt today, only herbs & spices.	21 Stand up & step away from your desk every 1hr today for at least 5mins – set reminder. Stretch!	22 Start your day with a bowl of a high fibre porridge today and a cup of Rooibos.	23 Eat beans today. You can add them to other food items or just as they are.	24  Heritage Day! Enjoy a cup of rooibos tea with the family.	25 Journal 3-5 things you are grateful for. Have a cup of Rooibos.
26 Eat at least 1 deep red fruit today e.g. strawberries, red apple, cherries.	27 Pause! Take 10 deep breaths mindfully.	28  Drink at least 4 cups of Rooibos tea today.	29 WORLD HEART DAY Do 50 jumping jacks or star jumps. Finish the day with a cup of Rooibos.	30  Skip or march in one place during a TV ad. Try do this multiple times today.		