

# LAAGER HEART MONTH CALENDAR

## September 2023

**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
					<b>1</b>  Drink 4-6 cups of rooibos tea today.	<b>2</b>  <small>APPROVED AS PART OF THE HEART AND STROKE FOUNDATION EATING PLAN</small> Choose products that carry the Heart Mark.
<b>3</b>  Eat 2 types of green vegetables today.	<b>4</b> Start your day with a cup of Rooibos. Eat oily fish for dinner tonight.	<b>5</b>  Drink at least 4 cups of Rooibos tea today.	<b>6</b> Get at least 8hrs sleep tonight (track using your phone or watch)	<b>7</b>  Practice mindful meditation or yoga for 15mins today.	<b>8</b>  <b>Read a book day!</b> Read 10 pages of a book today.	<b>9</b> Dance to your favourite music for at least 15mins. Try a new flavour of Laager Rooibos.
<b>10</b> Share at least one online funny video or meme with a friend	<b>11</b> <b>Meatless Monday</b> Try our Rooibos Chickpea curry recipe* (*recipe on the website)	<b>12</b> Walk more today. Use stairs, walk to work &/or park further & walk. Listen to a short podcast while walking.	<b>13</b>  Get your blood pressure checked today.	<b>14</b>  Drink at least 4 cups of Rooibos tea today.	<b>15</b> Call a friend you have not checked up on in awhile today, or do a video chat over a cup of Rooibos.	<b>16</b> See how many push-ups you can do in 1 min. Make Rooibos ice blocks to use in a smoothie.
<b>17</b> Eat at least 1 deep red fruit today examples: strawberries, frozen berries & cherries	<b>18</b>  Do not add any salt today when cooking or before eating, only herbs and spices.	<b>19</b> Stand up & step away from your desk every 1hr today for at least 5mins – set reminder. <b>Stretch!</b>	<b>20</b> Start your day with a bowl of a high fibre porridge today and a cup of Rooibos.	<b>21</b> Eat beans today. You can add them to other food items or just as they are.	<b>22</b>  Drink at least 4 cups of Rooibos tea today.	<b>23</b> Journal 3-5 things you are grateful for. Have a cup of Rooibos.
<b>24</b>  <b>Heritage Day!</b> Enjoy a cup of rooibos tea with the family.	<b>25</b> <b>Heritage Day Observerd</b> Pause! Take 10 deep breaths mindfully.	<b>26</b>  Drink at least 4 cups of Rooibos tea today.	<b>27</b> Do a 1 min. wall sit or squats. Have a cup of Rooibos before each meal.	<b>28</b>  Skip or march in one place during a TV ad. Try do this multiple times today.	<b>29</b> <b>WORLD HEART DAY</b> Do 50 jumping jacks or star jumps. Finish the day with a cup of Rooibos.	<b>30</b> Schedule an annual health check with your doctor or nurse.