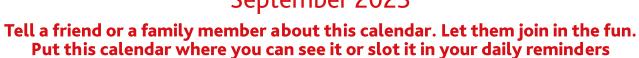


## LAAGER HEART MONTH CALENDAR

September 2023





**FOUNDATION** 

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