

May 2020

Healthy Habits Calendar

SPRING FLOWERS
BRING JOY!



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
|  <p>WISCONSIN PARKINSON ASSOCIATION</p> <p>414-312-6990 wiparkinson.org</p> | | | | | 1 | 2 |
| | | | | | Stretch & Bend Reach arms above head, hold 10 seconds, reaching for the sky. Stretch to each side, one arm up & over head as other reaches to side- 10 times. | Go for a walk. Get fresh air and sunshine. If it is a rainy day, walk or march in place to music. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Watch the video on nutrition and PD at wiparkinson.org/video-resources/ | Call a friend and plan to meet next month - something to look forward to! | Find a movie or show that makes you laugh! Laughter is the best medicine! | Make a healthy snack! Be creative with what you have in your kitchen! | Do a brain game, such as a word search, crossword puzzle or trivia game. | Read <i>Cognitive Impairment in PD</i> in issue 104 of <i>Wisconsin Parkinson Magazine</i> . | Plant a seed! Any seed that makes you smile! |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Write your name three times- once in cursive, once in print, once in all capital letters. | National Bike Week Ride a bike, indoors or outdoors! If no bike, sit on a chair and move legs as if cycling. | Sort something into categories today- coins, candy M & M's, nuts and bolts- anything you have of varying color or style. | Pick one stress relief word and repeat it often during the day. i/e.- Breathe, Relax, etc... | Find one spring cleaning project to focus on today- clean a closet, windows or rake leaves! | Sing your favorite patriotic song- sing it quiet, then sing it LOUD! | Clip and sort coupons today, for savings when you shop this week! |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Cut pictures from a magazine that show signs of spring, and tape or paste them on a paper for inspiration. | Draw your name in the air- first with right arm then left, making large, wide range of motion movements. | Memory Game- Look out your window, then turn and try to write down all you saw on a piece of paper- challenge yourself to notice details! | Draw a tulip in a beautiful place – growing strong! Let this symbol of hope for PD be your inspiration on rough days- you can live a beautiful life in SPITE of Parkinson Disease. | Sing the alphabet LOUD, then soft, then in a regular singing voice | Hold onto the back of a chair and do 10 simple squats as far down as it is comfortable for you. | Create an indoor garden! Save money by starting now from seeds! |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Draw half the alphabet in the air using only your right arm, Do second half with your left arm. Repeat! | Memory Game- write the directions to a favorite spot from your house. | Share a favorite recipe with a friend today. Call and tell them why you love that recipe! | National Senior Health and Fitness Day Move to music today for at least 20 minutes! | Set a timer for 15 seconds, stand near a chair, and see if you can balance, on one foot. Repeat with the other foot. | Take a walk in your neighborhood and count all the signs of spring you see along the way! | Reach out to someone who may be lonely- it will make you feel better too, knowing you made a difference for someone today! |