

PICK ONE ACTIVITY PER DAY.

NUTRITION

- Get 30-30-30! That is 30 grams of protein for Breakfast, Lunch, and Dinner

- Have cold brew or hot coffee with protein
- Visit a farmers market and pick up fresh fruit and veggies
- Meal prep dinners for one week
- Create an eating schedule
- Take your protein shake on the go
- Introduce UNJURY to a friend
- Make a protein pancake for breakfast
- Add vegetables to breakfast, lunch, and dinner
- Try a Dish from bariatric-surgery-recipes.pdf (mayoclinichealthsystem.org)
- Buy a new recipe book, or check one out of the library
- Make Protein Waffles
- Make Protein Truffles
- Go apple picking
- Share a healthy recipe that you love on UNJURY Cares

EXERCISE

- Join the UCrew Walk from Obesity Team - Walk with a group on Sept. 25th

- Go to a yoga class
- Try an Online Small Group Class: Phoenix Fitness Denver - Geof@ Phoenix Fitness Denver (email geof@phoenixfitnessdenver.com)
- Play outside with your child or grandchild
- Dance for 3 songs in a row
- Stretch for 10 minutes
- Go for a hike
- Try one personal training session. Recommend - Heather Meek fitcoachheather1@gmail.com or text 651.253.4034
- Go for a swim, or water aerobics class
- Try Easy at Home Exercises - Youtube video with Cynthia Dales
- Take a bike ride or ride stationary bike
- Learn 5 Tai Chi moves
- Play an active video game - Xbox tennis
- Walk or run a 5k
- Paddle! Try kayaking, canoeing, Paddleboarding or Stationary Rowing
- Take a CrossFit class

TURN OVER FOR MORE



MENTAL HEALTH & SELF-CARE

- Watch Dr. Paul Davidson video – Episode 15: Support & Accountability

- Meditate for 10 minutes
- Write in a journal using this prompt - "I feel my best when..."
- Write yourself a thank you note
- Practice breathing exercises for 5 minutes
- Do a digital detox - no screen time for one day
- Take a bubble bath
- Offer to do something for someone else
- Wake up early and watch the sunrise
- Watch a motivational Ted Talk
- Get a massage
- Make a vision board
- Write down 10 things you are grateful for
- Do something creative - paint, write a poem, go on a photography walk
- Ask for help with something - be specific
- Work on a project: plant a garden, deep clean a room, reorganize your closet

SUPPORT SYSTEM

- Make a new friend in the UNJURY Cares Facebook Group

- Call your dietitian and book an appointment
- Host a small gathering - ask everyone to bring a healthy dish to share
- Volunteer with a bariatric clinic. Offer to be a bariatric patient mentor
- Attend a support group meeting
- Book an appointment with a therapist/mental health counselor
- Read a self-help book (Recs: Katie Jay MSW and Susan Macey, PhD)
- Watch Dr. Paul Davidson video - Episode 15: Support and Accountability"
- Share your weight loss story on UNJURY Cares
- Post before and after picture #TransformationTuesday on UNJURY Cares
- Check in with someone on your healthcare team
- Invite a friend to walk with you
- Tell a family member about your weight loss journey
- Attend an Overeaters Anonymous Meeting
- Attend a community or worksite wellness event
- Reconnect with an old friend

ADD YOUR OWN
