

# Healthy Monday



**The day all health breaks loose**

**It's a movement of people and organizations who commit every Monday to the behaviors and actions that will end preventable disease in the U.S.**

The Covington community has adopted the Healthy Monday Mile Initiative in each one of our neighborhoods. Here are some initiatives that you can add to expand your Healthy Mondays.

- **Quit and Stay Quit Monday**- Commit to stay quit from tobacco every Monday.
- **Monday 2000**- How will you spend your 2000 calories this Monday?
- **Move It Monday**- Take your body for a ride.
- **Meatless Monday**- One day a week, cut out the meat.
- **Eat Healthy Monday**- Eat less, eat leaner, move more.
- **Restock Monday**- Fill up what you need to be healthy.
- **Get Tested Monday**- Make an appointment with your health care provider.
- **Read Up Monday**- Your health will grow with what you know.
- **Mindful Monday**- Well-being brings together mind and body. Take care of your mind.
- **Meatless Monday Night Foodbowl**- Chow down, lean and mean.
- **Chili Monday Nites**- If you think chili needs meat, you don't know beans. Check out <http://allrecipes.com/Recipe/The-Best-Vegetarian-Chili-in-the-World/Detail.aspx> for a great vegetarian recipe.



**Good luck on taking steps to a healthier community!**



*Healthy Monday is a non-profit public health organization founded in 2005 in association with Johns Hopkins University, Columbia University and Syracuse University.*