

# February 2024

## Black History Month American Heart Month

					1 Start your month with a 5-minute deep breathing exercise.	2 Healthy Eats: Try making a heart-healthy Avocado and Tomato Salad. <a href="#">Link to recipe</a>	3 Black History Month: Learn about <a href="#">Dr. Patricia Bath</a> , the first African American woman doctor to receive a medical patent.
4 Enjoy a 30-minute indoor dance workout.	5 Compliment three people today.	6 Spend an hour reading your favorite book.	7 Write down your fitness goals for the month.	8 Practice 10 minutes of morning yoga.	9 Healthy Eats: Prepare a delicious Spinach and Quinoa Salad. <a href="#">Link to recipe</a>	10 Black History Month: Discover the story of <a href="#">Katherine Johnson</a> , a mathematician who calculated flight trajectories for NASA.	
11 Take a brisk walk in a nearby park.	12 Offer to help a neighbor with their chores.	13 Have a DIY spa day at home.	14 Reflect on your progress and adjust your goals if needed.	15 Engage in a guided meditation session.	16 Healthy Eats: Enjoy making and eating Baked Salmon. <a href="#">Link to recipe</a>	17 Black History Month: Learn about <a href="#">Garrett Morgan</a> , the inventor of the three-position traffic signal.	
18 Try a new sport or activity you've never done before.	19 Send a thank-you note to someone you appreciate.	20 Reflect on things you are grateful for in your life.	21 Plan a personal development activity for the coming week.	22 Practice mindfulness while doing a routine activity.	23 Healthy Eats: Make a heart-healthy Vegetable Stir-Fry. <a href="#">Link to recipe</a>	24 Black History Month: Explore the achievements of <a href="#">Mae Jemison</a> , the first African American woman astronaut.	
25 Go for a swim or do water aerobics.	26 Volunteer at a local community center.	27 Create a vision board for your aspirations.	28 Set a new learning goal for yourself.	29 End the month with a gratitude journaling session.			