

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Arthritis Awareness

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: TRY SWAPPING RED MEAT FOR 3 TO 4 OUNCES OF FISH LIKE SALMON OR TUNA.

WEEK 2: HAVE FRUIT AND VEGGIES AT EACH MEAL.

WEEK 3: EAT A HANDFUL OF NUTS LIKE WALNUTS OR PISTACHIO EACH DAY.

WEEK 4: ADD ONIONS TO AT LEAST 2 RECIPES THIS WEEK.

Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!