

2017 Sept

SUN

MON

TUE

WED

THU

FRI

SAT

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.



2
Start this month focusing on your health goals. Write your three new health goals to the left.

3
Make this healthy recipe for your next football game tailgate.

[Start with this healthy recipe.](#)



5

6
Wash your hands frequently to ward off colds and other illnesses this year.



8

9

10

11
Put on bug spray before going outdoors to prevent mosquito bites.



13

14
How will you add to your exercise regimen this week? Add some steps or lift weights.

Learn more [here](#).



16
Who is in your support group? Take a 10 minute break to talk to someone you care about today.



18

19
Enjoy the cooler weather outside by taking a hike with friends or family.

Learn more [here](#).



21

22
It's apple picking season! How will you incorporate more apples into your diet?

Learn more [here](#).



24



26
Did you meet your health goals this month? Check them above.

27

28
Schedule your appointment to get your annual flu shot.



30

2017 Sept

September is disease prevention,
awareness, and management month.



Zika Virus

Discovered in the Zika forest, Uganda in 1947, Zika virus is a member of the flavivirus family. Zika virus is primarily transmitted to humans through the bite of infected mosquitoes.

Zika virus can be transmitted from an infected pregnant woman to her baby during pregnancy and can result in serious birth defects, including microcephaly. Less commonly, the virus can be spread through intercourse or blood transfusion.

Most people who become infected with Zika virus do not become sick. For the 20 percent of people who do develop symptoms, the illness is generally mild and includes fever, rash, joint pain, and conjunctivitis (red eyes). Illness lasts several days to a week. In non-pregnant people, the virus is generally eliminated from the body after a few weeks.