



# Love Yourself this February









**Please note:** All times listed are in the Central time zone.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
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Join **Sharecare's Destination Steps** challenge by virtually stepping through Ikaria, Greece! Track 7,000 steps per day for 21 days this month to achieve the goal. [Learn more.](#)

Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world. -Lucille Ball

Feb. 3-7	Celebrate National Carrot Cake Day with <b>Carrot Cake Oatmeal Cookies!</b>	Check out our <b>soup recipes</b> on National Homemade Soup Day!	<b>Celebrate Black History Month</b> with a visit to these <b>10 places in Tennessee!</b>	Take a 15-minute <b>Fitness Break with DCS</b> at 10 a.m. Can't join live? <a href="#">Try this!</a>	Snap a photo for <b>Wear Red Day</b> and send it to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> by Feb. 14 for us to share on social media!
Feb. 10-14	Become a <b>wellness champion!</b> <a href="#">Learn more.</a> 	Join the <b>Cupid Shuffle Dance Break</b> from 12-12:15 p.m. Can't join live? <a href="#">Try this!</a>	Take a 10-minute <b>Fitness Break with DHS</b> at 11 a.m. Can't join live? <a href="#">Try this!</a>	Need support? Access Here4TN's <b>Emotional Wellbeing Solutions</b> or call 855-Here4TN.	What's your <u>real</u> age? Take <b>Sharecare's RealAge Test</b> to find out.
Feb. 17-21	 <b>State Holiday</b>	Do a <b>Random Act of Kindness.</b> #MakeKindnesstheNorm	<b>Mindfulness with Nat</b> from 11:30 a.m. – 12 p.m. or <b>view on-demand options.</b>	You've got muffin to lose on National Muffin Day with this <b>Egg Muffin recipe!</b>	Try our new wellness benefit with free access to the <b>Calm app!</b> 
Feb. 24-28	Take a break and join <b>Stretch &amp; Destress</b> from 12-12:15 p.m. Can't join live? <a href="#">View on-demand options.</a> 	Read <b>How Can I Reduce High Blood Pressure</b> in honor of American Heart Month.	Enjoy our <b>recipes?</b> Let us know at <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> We'd love to see photos! 	Join the 15-minute <b>Mindfulness Break with TDH</b> at 11:15 a.m. Can't join live? <a href="#">Try this!</a> 	<b>Learn ways to lower your risk of getting many common cancers</b> during National Cancer Prevention Month.

Let us know how many daily activities you complete this month. You could receive a prize! [Submission Form](#)