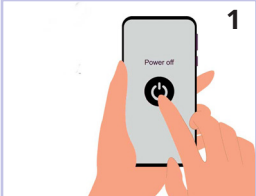





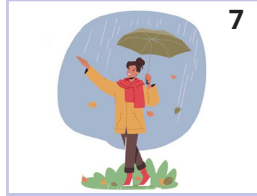
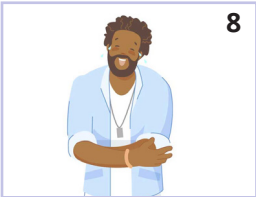
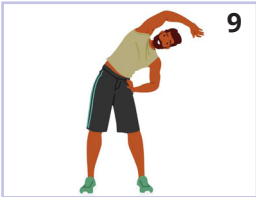





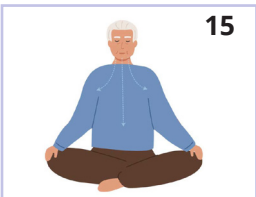
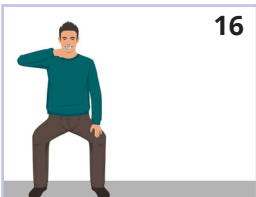


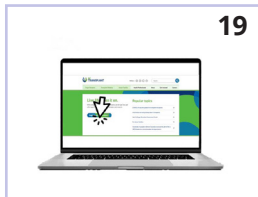

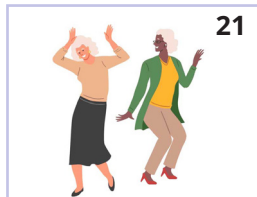
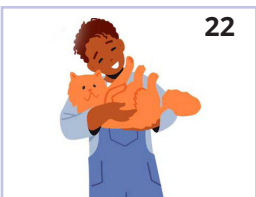



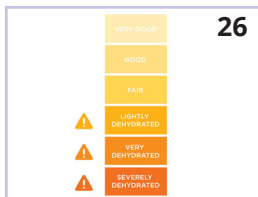



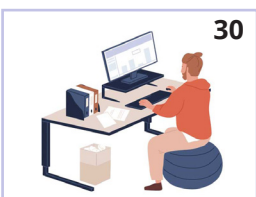



# Take the #KidneyHealthChallenge in March!

Stress Reduction Sundays	Movement Mondays	Hydration Tuesdays	Watch Out! Wednesdays	Kidney Health Thursdays	Foodie Fridays	Lifestyle Saturdays
 <p><b>1</b> Power down 1 hr before bedtime</p>	 <p><b>2</b> Get more steps in—park far and walk</p>	 <p><b>3</b> Hydrate on-the-go, bring a water bottle</p>	 <p><b>4</b> Check bread labels for high sodium</p>	 <p><b>5</b> Set reminders to keep moving during the day</p>	 <p><b>6</b> Add greens to smoothies</p>	 <p><b>7</b> Swap screen time for outdoor fun</p>
 <p><b>8</b> Laugh! It boosts your immune system</p>	 <p><b>9</b> Stretch for 15-20 minutes daily</p>	 <p><b>10</b> Flavour water with fruits and veggies</p>	 <p><b>11</b> Check snacks and condiments for added sugar</p>	 <p><b>12</b> Learn how pain meds affect the kidneys</p>	 <p><b>13</b> Replace a serving of red meat with beans</p>	 <p><b>14</b> Explore a new park or trail</p>
 <p><b>15</b> Breathe deep to reduce stress</p>	 <p><b>16</b> Do a wall sit while brushing your teeth</p>	 <p><b>17</b> Snack on water-rich foods</p>	 <p><b>18</b> Check food labels for hidden fats</p>	 <p><b>19</b> Register as an organ donor- it takes 2 mins!</p>	 <p><b>20</b> Fill half of your plate with veggies</p>	 <p><b>21</b> Dance to your favourite tunes</p>
 <p><b>22</b> Spend time with a pet, or in nature</p>	 <p><b>23</b> Walk somewhere you usually drive to</p>	 <p><b>24</b> Drink water before your morning coffee</p>	 <p><b>25</b> Ditch diet sodas- they can reduce kidney function</p>	 <p><b>26</b> Aim for pale yellow urine</p>	 <p><b>27</b> Eat a meat-free meal</p>	 <p><b>28</b> Explore your town/ city on foot</p>
 <p><b>29</b> Give someone a hug</p>	 <p><b>30</b> Use a stability ball instead of a chair</p>	 <p><b>31</b> Make your own healthy popsicles</p>	<p><i>Visit</i> <b>KidneyHealthCheck.ca</b></p>			



\*Fluid and diet tips are not intended for kidney patients. If you have diagnosed kidney disease, please talk to your care team for advice.