

September

2019

Motivational Monday	Tasty Tuesday	Workout Wednesday	(No) Trash Thursday	Funny Friday
2 Do not wait; the time will never be "just right." Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along. – George Herbert	3 Salmon & Asparagus Foil Packet	4 Seated leg raises: Sit upright in your office chair. Straighten your left leg so that it is parallel to the floor and hold in place for 10 seconds. Switch legs and repeat for 15 repetitions.	5 Refuse chemical solvents and use alternatives that are water based.	6 Q: What was Avogadro's favorite sport? A: Golf – because he always got a mole-in-one.
9 The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence. – Confucius	10 One Pot Lasagna Soup	11 The Football fast feet: Sit in your chair with your feet flat on the ground. Rapidly tap your feet in place, as if you were running in place. Do this for 30 seconds, pause, then repeat.	12 Reduce: Keep asking the question, "What is the minimum amount necessary?"	13 Q: Why does hamburger yield lower energy than steak? A: Because it's in the ground state.
16 With the new day comes new strength and new thoughts – Eleanor Roosevelt	17 Za'atar Roasted Cauliflower	18 Shadow boxing: Raise your fists in front of your face in a boxing position. Punch your fists in the air, switching back and forth from right arm to left for 30 seconds, pause, then repeat.	19 Reuse shipping containers (boxes, inserts, cartons). Repurpose scrap paper for taking notes.	20 Q: What would you call a clown in jail? A: Silicon.
23 Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. – Thomas A. Edison	24 Chia Seed Porridge	25 The Leaning plank: Step back from wall at least one foot. Lean forward against wall using only your forearms for support. Hold as long as possible.	26 Recycle food wastes into composted soil or as food for a local farm.	27 Q: Why did the white bear dissolve in water? A: Because it was a polar bear.
30 What you do today can improve all your tomorrows. – Ralph Marston				

BETTER LIVING WITH CHEMISTRY