

February 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Groundhog Day	3	4	5	6
7 Super Bowl XLIV	8	9	10	11	12 Lincoln's Birthday	13
14 Valentine's Day	15 Washington's Birthday Presidents Day	16 Mardi Gras	17 Ash Wednesday	18	19	20
21	22	23	24	25	26	27
28	All Month-National Black History Month All Month - American Heart Month					

Lift-Off!'s Tips for the Month:

- When you think February, you probably think Valentine's Day. And when you think Valentine's Day, you probably think love. Remember this month to show some love to your family, friends...and yourself! Eating right and staying fit are two of the best ways to love your own body and feel great!
- Share a healthy treat with your friends this month when you hand out your Valentines! Instead of candy give them a healthy treat like raisins or other dried fruit.
- Don't forget to keep your teeth healthy! Even when you eat the healthiest foods, you still need to brush your teeth twice a day to keep them strong and pearly white!
- February's Produce of the Month is CARROTS. Make sure to love your body this month by eating healthy foods like carrots and getting plenty of exercise.

