

Feel Good February



<p>1</p> <p>Celebrate Lunar New Year with these ideas from The Kitchn.</p>	<p>2</p> <p>Groundhog Day</p> <p>Even if Punxsutawney Phil sees his shadow, don't fret. There are plenty of ways to stay warm for the next 6 weeks, like these homemade hot chocolate recipes.</p>	<p>3</p> <p>The theme for Black History Month this year is Black Health Wellness.</p> <p>Learn how the nutrition profession is working to be more inclusive at Diversify Dietetics.</p>	<p>4</p> <p>Put on your red for Wear Red Day and kick off the start of the Olympics with a smoothie fit for an Olympian.</p>	<p>5</p> <p>Grab a friend and go for a walk or </p> <p>Need tips for motivating to get outside?</p> <p>Click here.</p>
<p>6</p> <p>Prep breakfast for the week with these delicious Raspberry & Chocolate Hazelnut Overnight Oats.</p>	<p>7</p> <p>National Send a Card to a Friend Day </p> <p>Send a note to your bestie and tell them what you love about them.</p>	<p>8</p> <p>A gratitude practice can help you feel more satisfied with your life. Grab your journal and write down 3 things you're grateful for today. </p>	<p>9</p> <p>It's National Pizza Day! </p> <p>So, order in or make this Fig and Walnut Pizza.</p>	<p>10</p> <p>Set aside time for some Self-Care!</p> <p>There are 25 feel-good ideas in my Self-Care Made Simple guide.</p>
<p>11</p> <p>Celebrate your favorite female scientist--it's International Day of Women and Girls in Science. </p>	<p>12</p> <p>Need a laugh?</p> <p>Watch J Lo's new rom-com, Marry Me, streaming on Peacock.</p>	<p>13</p> <p>Super Bowl LVI! Make these No-Bake Cereal Bars or Honey-Mustard Chicken Wings for the big game. </p> <p>It's also Galentine's Day!</p>	<p>14</p> <p>Have a sweet Valentine's Day! </p> <p>Indulge all your chocolate fantasies with this easy Nuttty Chocolate Bark recipe.</p>	<p>15</p> <p>Book a trip! </p> <p>Rates are often lower on a Tuesday and having a trip to look forward to is a proven mood booster.</p>
<p>16</p> <p>Good morning sunshine! </p> <p>Spend the first 10 minutes after waking up stretching. You will feel better all day long.</p>	<p>17</p> <p>It's Random Acts of Kindness Day! Shovel your neighbor's driveway, donate to your local food pantry, or simply give someone a compliment. </p>	<p>18</p> <p>Lift your spirits with a dance party! Grab whoever you can, turn up your fave playlist and move it.</p>	<p>19</p> <p>Netflix and chill with a bowl of my Spiced Cocoa Popcorn. </p>	<p>20</p> <p>It's National Love Your Pet Day! So, make that furry best friend feel extra special with a new toy, an extra-long walk, or just some snuggles on the couch. </p>
<p>21</p> <p>President's Day</p>	<p>22</p> <p>It's National Margarita Day! Shake up a better version with my Healthier Margarita. </p>	<p>23</p> <p>Banana bread lovers rejoice--it's your day! Celebrate with a warm slice of this Bumped Up Banana Bread. </p>	<p>24</p> <p>Brush off that chill, it's National Chili Day! Warm up with my Bison & Black Bean Chili.</p>	<p>25</p> <p>What's better than a stack of pancakes on National Pancake Day? These Sheet Pan Protein Pancakes with Raspberry Swirl. </p>
<p>26</p> <p>Grab your binoculars or telescope and check out Venus and the moon close together in the sky. </p>	<p>27</p> <p>Catch the 4th and final season of Killing Eve @ 8 pm EST.</p>	<p>28</p> <p>Start the day with a tangy-sweet Cranberry-Orange Muffin and smile all day knowing that March starts tomorrow! </p>		