

January 2

A Bite in the Right Direction

Incorporating new habits into your daily life takes work, so aim for progress, not perfection! Start with small changes that you can easily fit into your daily routine and go a little further each week. Swapping a breakfast Danish for whole grain cereal, having water instead of soft drinks with meals, picking veggies as a side dish or trying fruit for dessert are all doable actions that will lead to long term results.

Look at your usual eating habits and commit to one “swap out” this week. Make sure your new habit is something that you can integrate seamlessly into your routine. Use your New Year’s momentum to consider other situations where you could easily make a change.

January 9

Make the First Move

Regular physical activity benefits every part of your body and can reduce your risk of cardiovascular disease, type-2 diabetes and more. While it’s recommended that adults engage in at least 150 minutes of moderate-intensity activity each week, every bit is better than nothing! It’s important to start moving and gradually increase intensity and duration.

Start strong this week by adding activity whenever possible. It can be as simple as walking while on the phone, parking at the end of the lot, or taking the stairs instead of the elevator. Write down this week’s moves and think of ways to build on them.

January 16

Mend your Mood with Music

There’s no doubt that music and mood are closely related - that’s why lullabies exist! Listening to happy, upbeat tunes tends to make you more cheerful than when you listen to slow, sad music. Your emotional state plays a big role in how you perceive the world, so your favorite songs may actually help you have a more positive day.

Set yourself up for a better week this Monday by composing a CD or playlist of music that makes you smile or feel happy. Listen to your tunes if you feel blue, start stressing or just want to enjoy!

January 23

Vary your Vitamins

It can be tempting to focus on just one variable when deciding if a food is healthy, but even calories don’t tell all. It’s important to also choose nutrient-dense foods: a high fiber, vitamin rich meal will keep you fuller, longer and help you eat less overall. Nutrition labels list how much of each nutrient is in a serving.

Use nutritional labels this week and see if you’re getting the most bang for your bite! Try replacing some of your empty calories with nutrient-dense foods.

January 30

Scrutinize Your Symptoms

Headaches, indigestion, loss of appetite, muscle tension, sleep issues and allergic reactions could actually be signs of stress. Giving yourself time to pause, consider the situation and breathe deeply when you encounter these signals is the first step towards finding the cause and limiting it in the future.

Write down any unresolved symptoms that you experience this week, along with the situation that may have sparked them. Then consult with a professional who can help you develop better coping strategies.

February 6

Cooking Method Matters

Raw fruits and vegetables usually provide more vitamins than their cooked counterparts, but there are ways to prevent nutrient loss while still savoring prepared foods! Careful cooking with minimized heat and water may only result in a 5-15% nutrient loss (compared to processed foods, which can lose 50-80%!).

This week, try steaming or quick sautéing vegetables and cooking meat over low heat to preserve as many nutrients as possible. You might even discover a new favorite recipe!

February 13

Give in to Temptation

Forbidding certain foods – like Valentine’s chocolate or wine- is a common diet strategy, but studies have shown that this can actually lead to overeating. Food restrictors often satiate their cravings by eating other high-calorie items, which can lead to weight gain. Learning how to effectively cope with trigger foods will leave you feeling in control and improves your chances of maintaining your weight.

Instead of fearing your favorite foods, figure out how to budget a small portion into your week. Simply removing the “forbidden” label from a food can greatly reduce cravings for it!

February 20

Have a Supermarket Strategy

A good mood or hunger pangs can make a big difference in what you bring home from the grocery store. Both feelings tend to lead to a pile up of unnecessary junk and other impulse buys. And once these items are in your home you may feel obligated to eat them!

Have a plan of attack this week! Write a grocery list and stick with it: even include a few healthful snacks so you don’t feel deprived. Still tempted to stray? Stick to the perimeters of the supermarket (where you’ll find the most whole foods) or bypass the junk entirely with a trip to the farmer’s market.

February 27

Fitness Can Be Free!

You don't need an expensive gym membership or fancy equipment to get active. Exercise is any movement that works your muscles and uses more energy than resting. Try walking around your neighborhood, playing tag with the kids, using resistance bands, running up and down the stairs, making your own weights at home or doing push ups and sit ups.

Come up with some creative, free fitness ideas this week. Remember that playing sports, swimming, biking and other fun activities all count as exercise!

March 5

Add Success to your Schedule

Good health should always top your priority list! Thankfully a few minutes here and there are all it takes to bring balance to your busy life. You can stay fit by getting off the bus a stop early, taking the stairs whenever possible or walking to a coworker's desk instead of e-mailing. Make eating right easy by scheduling a weekly supermarket trip, planning out your meals and bringing your lunch to work.

Write down the behavior changes you make this Monday and see how many times you can repeat them throughout the week. Each step may seem small but the results will add up quickly!

March 12

Don't Postpone Your Physical

Periodic health check-ups and screenings with your health care provider are key to maximizing your chance of living a longer and healthier life. Not only can they help prevent health problems before they start, but check-ups may also help you discover health problems early enough to increase your chances of successful treatment and recovery!

The specific screenings and exams you need depend on your age, health, family history, and lifestyle choices (diet, exercise, smoking, etc.). This week, visit <http://www.healthfinder.gov/prevention/myhealthfinder.aspx> to find age- and gender-specific guidelines for how often and for what health areas you should seek physician advice. After reviewing the guidelines, consider scheduling an appointment with your health care provider.

March 19

Bite for the Better

Sure calories are an important part of maintaining or losing weight, but so are nutritious, healthy foods. Eating unprocessed foods like fruits, vegetables, beans and whole grains increases your energy, lowers your risk of health problems, helps you maintain a healthy weight and sets a good example for friends and family!

This week focus on making healthy food swaps at every meal. Replace your lunchtime serving of chips with crunchy carrot sticks, or start your morning with oatmeal and fruit instead of a bagel and cream cheese. You'll soon discover how delicious nutritious foods can be!

March 26

Take a Veggie Vacation

Traditional cultures around the world have long known the benefits of a mostly-vegetarian diet. Numerous studies have linked vegetarian eating to lower cholesterol, blood pressure and overall weight, as well as a decreased risk of heart disease, type II diabetes, hypertension and certain cancers. A healthy vegetarian diet consists of mostly whole, unprocessed fruits, vegetables, grains, nuts and beans.

Take a world tour and improve your health this week by sampling some traditional vegetarian dishes! You can easily find recipes for Indian, Mediterranean, Asian, and other meatless cuisine on websites like www.MeatlessMonday.com

April 2

The Four Types of Fitness

There are four main types of physical activity: aerobic, muscle-strengthening, bone-strengthening and stretching. Each works to keep your body trim and healthy in different ways. Aerobic benefits your heart and lungs most while stretching targets joints and increases flexibility.

Get a well rounded work-out this week by incorporating each of these four types of activity. Start by researching some steps online or chat with a fitness expert or doctor.

April 9

Sort Out the Small Stuff

Many times stress is the result of little things that were left unresolved, like work projects, medical visits, paperwork and other household concerns. These tasks can hang over your head week after week, building up stress without you even realizing it.

This week, set out to solve the little problems in your life. Sit down this Monday and write a list of all the small things that have piled up; then come up with a time line to make them disappear. By catching up and completing these goals, you can feel in control again!

April 16

Brush Up on Oral Hygiene

Keeping your mouth healthy and clean is an important part of maintaining a clean bill of health. Taking good care of your teeth and gums is fairly simple: brush your teeth at least twice a day, floss once a day, visit your dentist twice a year and reduce your intake of sugary foods and drinks. To keep your toothbrush clean and working properly, replace it at least once every three months!

This week, floss your teeth every day if you don't already do so. Recommit to flossing every Monday and soon it will become second nature!

April 23

Be Environmentally Conscious

It can be hard to stick to healthy intentions when you're living in a less-than-healthy environment! A coworker's candy dish, leftover snacks in the cupboard at home or an easily accessible takeout menu can all lead to mindless munching.

Prevent diet disaster before it strikes by fool-proofing your environment this week. Get rid of the unhealthy foods in your refrigerator and cabinets and leave nutritious choices where you're most likely to notice them. Remember that it's easy to make healthy choices when they're all around you!

April 30

It's Good to Go Bad

A food's expiration date is a good indication of how processed it is. If your food takes years to expire, it's probably full of preservatives and artificial ingredients. Fresh produce, on the other hand, takes just days or weeks to meet its demise.

Pick up good health this week by choosing foods that go bad. Start this Monday by selecting some recipes that include fresh foods. If you have a plan you'll be able to enjoy your ingredients while they're fresh!

May 7

What's Your Intensity?

There are varying degrees of exercise intensity. Light-intensity activities, like cooking or shopping, don't require much effort. Moderate-intensity activities like a brisk walk or flat bike ride work your heart, lungs and muscles, causing you to sweat. Vigorous-intensity activities increase your heart rate enough that you are breathing hard and fast.

Develop a diverse workout this week by incorporating something from every intensity level. Remember that fitness level and abilities varies from person to person, so you may find an exercise to be more or less intense than your peers.

May 14

De-Clutter, De-Stress

It's easy to feel overwhelmed when you're surrounded by clutter; it's just one more reminder of what needs to get done. However, taking the time to clear and organize even one space in your life can do wonders for improving your mood and reducing your stress!

Try your hand at a bit of spring cleaning this week. Start small by tidying up one area, like your desk or dining room table. Gaining control over part of your domain can help you feel accomplished and give you more space to get work done!

May 21

Time to Track

Are you keeping a food and fitness journal? Writing down your daily meals and exercise can help you stay accountable for your actions. You can also use your journal to see what strategies have worked for you and where there's room for improvement.

Start a daily journal this Monday. Check in each week to see how your food and fitness choices impacted your weight, stamina and mental well being. Then consider what you can do to stay successful. Have fun with journaling by using an online tool, smart phone app, attractive notebook or reward stickers!

May 28

Stay Sun-Savvy

Did you know that 20% of Americans will be diagnosed with skin cancer in their lifetime? You can lower your risk for skin cancer by limiting midday sun exposure (10 a.m. to 4 p.m.); wearing hats, sunglasses, and protective clothing; and using a sunscreen (SPF >15) with UVA and UVB protection. Be sure to re-apply your sun block every 2 hours!

Get ready for summer this Monday by checking your stock of sunscreens and sun-protective gear. Prepare your family with the information and supplies they need to stay sun-smart!

June 4

Focus on Fruit

Fruits are not only delicious, but also an essential component of a healthy diet! They are full of cancer-fighting antioxidants and have enough fiber to help you stay full on less. Fresh fruit is best, but frozen and canned (without sugar) also has its benefits. Dried fruit is nutritious as well but less filling, so be mindful of serving size!

Make fruit part of your routine this week. Add a daily dose at breakfast, as a mid-day snack, or for dessert. If you already consistently enjoy fruit each day, add one more piece to the mix! Not only will you be getting more nutrients, you'll likely have less room for processed snacks.

June 11

Fitness, Take Two

Exercising for a shorter amount of time twice a day can be just as effective as doing your whole workout at once. A study at the University of New Hampshire found that exercising twice a day for 15 minutes can also improve lung capacity more than a single, half hour session. Plus, it's a great way to get in all your activity if one session seems too daunting!

Break your activity into two sessions this week. Try getting in half your workout in the morning or during lunch and the other half after work or back at home. Shorter sessions mean you can still take care of your to-do list!

June 18

Learn to Laugh

Laughter may very well be the best medicine; it increases oxygen to the brain, stimulates organ systems, decreases muscle tension, cools down your body's natural stress response and may help prevent illness in the long run.

This week, cut out a few comics or funny pictures that make you laugh. Put them up at your desk for when you're feeling stressed! Also, be sure to enjoy the company of family and friends – you're 30 times more likely to laugh with others than when you're alone!

June 25

Drink to Your Health

Decreased energy, headaches, and dizziness are all early symptoms of dehydration. Drinking an adequate amount of water can help you lose weight, improve the appearance of your skin, re-energize you, reduce the risk of serious health problems, and keep you performing at your best!

This week, make an effort to increase your water intake. Stop at every water fountain you encounter for a drink, always try to have a bottle of water in sight, enjoy a tall glass with every meal and avoid caffeine and alcohol. To jazz things up, you can always add a squeeze of fresh lemon or a splash of fruit juice.

July 2

Have a Healthy Hangout

Cookouts, BBQ's and other summer gatherings are often filled with unhealthy foods like processed meat, chips and desserts. These default options mean nutritious choices are sometimes hard to come by. Plus, you may feel left out if you opt for something healthier while everyone else is digging in!

Get your group to rethink gatherings this week by planning a healthy BBQ. Have a sampling of salads, veggies with fresh dip or a make-your-own fruit parfait bar. If your recipe is a hit, make it your go-to dish for future parties.

July 9

Own Up to Slim Down

There are many reasons why weight and fitness habits fluctuate including environment, family history, genetics, metabolism and personal habits. While it's impossible to change some of these factors, you can identify and take responsibility for those within your control.

Take some time out this Monday and think about your day-to-day routine. Is there time for more physical activity, a default snack you could replace with something healthier or a way to remove temptation from your environment? Even simple actions like swapping French fries for fruit or taking the stairs instead of the elevator can leave you feeling healthier and empowered.

July 16

Rethink Your Rituals

It can be a challenge to balance your new, healthier lifestyle with work, family and other commitments. Thankfully, you can easily add fitness to the mix by modifying some of your usual routines: Saturday morning cartoons with the kids and a cup of coffee can easily become a Saturday morning bike ride or game of catch.

This week suggest a new active tradition to friends or family members and challenge them to come along for the ride. You may just like it more than your old one!

July 23

Make Time for Hobbies

Hobbies and special interests are one of the best ways to unwind after a long day and combat stress. Not only do they take your mind off of what was troubling you, they refocus your attention on something that you truly love to do!

This week, set aside at least 15 minutes each day to focus on a hobby or personal interest. Whether it's gardening, reading, listening to music, or playing with your pets, everyone has at least a few favorite activities that provide instant happiness!

July 30

Retreat from the Heat

Between 1979 and 2003, more Americans died from excessive heat exposure than from hurricanes, lightning, tornadoes, floods, and earthquakes combined! Extreme heat is a real concern that can cause serious health problems like exhaustion, heat stroke, cramps, sunburn and rashes.

This week, take precautions to avoid heat-related illnesses. Make sure to drink more fluids; avoid alcoholic and sugary drinks; wear lightweight, light colored and loosely fitting clothing; limit outdoor activity to the morning or evening and stay in an air-conditioned place during the afternoon heat.

August 6

Don't Let the Weekend End It

The average person consumes 200 extra calories on Saturday! Unstructured weekends can negatively impact an otherwise successful regimen, so it's important to plan. If you're heading out, have a menu strategy. If you're staying in, use your free time to try a new activity or cook healthy meals to eat during the week.

Take time this week to plan healthy goals for the coming weekend. If this past weekend didn't go as planned, take some time on Monday to refocus and update your strategy.

August 11

Serve a Sensational Salad

Salad often gets a bad reputation as a “diet food”, but it can be a delicious, colorful way to get more veggies! To turn your salad into a well rounded meal, start with dark, leafy greens and add fresh vegetables, fruit, beans, nuts, seeds and perhaps some protein like tofu, fish or meat. Top the mix with a creative, healthy dressing like hummus, guacamole or a fruit-infused vinaigrette.

Experiment with your own salad creations this week. Write down your favorite combination so you can enjoy it again!

August 20

Count on Your Community

Many community centers, schools, offices, universities and places of worship offer free or low-cost classes, intramural sports and gym memberships. These resources are an excellent way to meet people, try something new and fit fun activity into your routine.

Search your local newspaper, newsletters, bulletin boards and parks guides this week for a fun event that you can add to your schedule. Try a new activity and you may discover a great way to get moving!

August 27

Be a Buzz Kill

Most of us see nothing wrong with our morning cup of coffee, but excessive caffeine can have a negative impact, especially if you're already stressed. Caffeine increases your blood pressure, heart rate and adrenaline levels, making stressful situations seem and feel worse than they actually are!

This week, try reducing your caffeine consumption, especially if you know you have a stressful day ahead. Replace your usual fix with extra sleep at night and more water throughout the day.

September 3

Ready, Set, Go Bag

Emergencies can strike at any time! It's important to have a plan for you and your family to follow in the event of a natural disaster, disease outbreak or other dangerous situation. When making your plan, keep in mind that your family members may not all be in the same location and cell phones may be out of service.

This week, make an emergency go bag with the supplies listed on http://www.ready.gov/america/_downloads/checklist.pdf . Discuss your family's plan and keep a copy of it at home and work so it's easily accessible in the event of an emergency.

September 10

Stop and Smell the Rosemary

It can be hard to justify taking time out of our busy schedules to enjoy a meal. Still, eating slowly can help you eat less, learn to recognize when you're full and cause you to feel more satisfied. Taking your time also allows you to enjoy food in a whole new way, experiencing the sights, smells and tastes that go along with it!

This week set aside at least 20-30 minutes for each meal. Don't multitask by watching T.V., checking e-mails or talking on the phone. Consider the flavor of each bite and take time during the meal to think about your fullness level.

September 17

Meat Me Halfway

The average American's diet contains too many solid fats, saturated fats and bad cholesterols, which are all found in animal products. Experts therefore recommend limiting total meat intake to two, 3 ounce servings a day or less (3 ounces is about the size and width of a deck of cards, or the palm of your hand).

Aim to eat less meat this week. Have a Meatless Monday, skip sausage and bacon at breakfast, or cut your lunch and dinner portions in half. Remember that you can easily stay full (and cut fat and calories) by filling the space on your plate with fruits, vegetables, beans and whole grains.

September 24

Walk Awhile

Over 60% of adults don't achieve the recommended amount of movement: 150 minutes of moderate activity or 75 minutes of vigorous activity each week. Walking for just 22 minutes each day can help you reach the aerobic activity recommendation. Plus it's easy to fit in on your commute, during your lunch break or while you're running errands!

Fill in your fitness gaps this week by adding walking to your routine. Find twenty minutes or more each day and try a few sessions at a faster pace.

October 1

Do the Best for Your Breasts

Breast cancer is the second most common type of cancer diagnosed in American women. And although it's more rare, men can develop breast cancer, too. Fortunately, eating a healthy and balanced diet (especially high in fruits and vegetables), exercising regularly, maintaining a healthy weight, not smoking, and limiting alcohol consumption may all lower your risk of developing breast cancer.

This week, evaluate your current breast cancer prevention practices and check to see when your next screening should be. If you're between the ages of 50 and 74, you should have a mammogram once every 2 years. If outside of this age range, talk with your physician about your risk factors and when you should get screened for breast cancer.

October 8

Go on a Veggie Adventure

It's not always easy to try new foods, but a diverse blend of fruits and vegetables in your diet can help you maintain your weight and stay healthy. Exploring, preparing and tasting new produce can also be a fun way to discover new flavors; it's all in how you look at it!

Explore three new fruits and veggies by incorporating them into your diet this week. Go online for healthy recipes and preparation tips and congratulate yourself for trying something new! If you find a favorite, pick out a few more recipes and add them to your usual rotation.

October 15

Give a Nod to Nature

Nature's stress-relieving effects have been praised and practiced for thousands of years. Recent studies have confirmed this simple notion: people recover faster from stressful and painful incidents when exposed to natural environments, and those who can access "nearby nature" have been found to be healthier and more satisfied with their home, job, and life in general!

This week, fit in at least one, 10-15 minute session with nature. Whether it be taking a hike in the woods, sitting outside and listening to the birds and insects, or reflecting upon a body of water, take time to reacquaint yourself with nature's restorative power!

October 22

Cover Wholes in your Diet

Whole grains are an extremely important part of a healthy diet. Rich in dietary fiber, complex carbohydrates, minerals, vitamins, phytochemicals and (in some cases) omega-3 fatty acids, whole grains provide numerous benefits over refined grains that have been stripped of these nutrients. There is even evidence that whole grains may reduce your risk of heart disease, type II diabetes and obesity!

Try switching over to at least one whole grain bread, cereal or pasta this week. Be wary though of tricky packaging: if you see the word "whole" in front of the first ingredient on the nutrition label you're getting the real deal.

October 29

Get Your Game On

A work-out doesn't have to feel like work! People who engage in entertaining, social activity are more likely to stick to it long term, so add some fun to your fitness. Fly a kite, dance around the room, start a family football game or play a back-yard game of catch; anything to get moving!

Stay fit this week by coming up with two entertaining ways to exercise. Try recruiting friends, family and coworkers, or check out listings for intramural sports at your local community center, college or place of worship. Include outdoor activity on Halloween for some seasonal fun!

November 5

Maximize Your Minutes

Time management is a great way to alleviate stress. Start off by listing SMART goals (specific, measurable, attainable, realistic, and timely). Prioritize these tasks and complete the most important/difficult ones first. Make sure to allot yourself enough time to work on each task, uninterrupted if possible. Even if you don't have time to complete your entire to-do list, at least the biggest issues will be cleared away!

This Monday, write down a few SMART goals you desire to achieve this week, prioritizing them in order from most to least important. At the end of the week, review your goals and efforts. Has this strategy allowed you to accomplish more with less stress?

November 12

Deter Diabetes

Diabetes is becoming an increasingly deadly problem for adults and youth alike. You can reduce your risk for diabetes by being physically active, eating more fiber (vegetables, fruits, beans, whole grains, nuts, and seeds), consuming 100% whole grains over refined grains, and maintaining a healthy weight.

Make at least one small goal for each day this week that incorporates the above guidelines. For example, schedule in a 30-minute exercise session, or make a whole grain, fiber-rich meal. By focusing on your health earlier, you can prevent the negative consequences of diabetes!

November 19

Build your Battle Plan

It's easy to fall off the wagon when you aren't prepared for a tough road! Avoid setbacks by identifying tricky situations and planning ahead. Have a back up exercise plan to fit your busy schedule or accommodate bad weather. Think about how you will handle tempting foods or drinks at family gatherings. Remember, a bit of mental rehearsing can go a long way!

Look at your schedule this week and identify any upcoming challenges to your routine. Brainstorm some effective solutions or consider how you will balance indulgences with smarter choices throughout the week. If you have a misstep, use it to determine strategies for next time.

November 26

Research for the Road

There's no reason you can't eat well while you travel! Plan your meals the way you would plan your wardrobe or lodging: go online to find local eateries and menus, pack healthful snacks or schedule a supermarket trip when you arrive at your destination. Then come up with a plan for how you will fit healthful meals into your itinerary.

If you're planning an upcoming vacation or business trip, take time to consider your meals. Having a idea of what's available will help you feel in control and reduce your chances of overdoing it.

December 3

Secure Some Sleep

Regular physical activity at the right times may help you sleep better. People who exercise 4 days a week report improved sleep quality, longer sleep, and less time falling asleep. That being said, the National Sleep Foundation recommends that you finish your workout at least 3 hours before you plan on going to bed.

Sleep soundly this week by adding exercise to your morning, afternoon or early evening. Track your progress by keeping a sleep journal and noting how you feel when you wake up in the morning.

December 10

Clean, Separate, Cook, Chill

The four components to keeping food safe are clean, separate, cook, chill. Make sure to clean work surfaces, utensils, appliances, your hands and food completely before working with them. Separate raw meats, poultry, fish, and their juices from other food. Clean cutting boards, serving trays, hands, and utensils after they've been in contact with raw meats. Always cook food to the specified temperature and safely store leftovers.

Check that your refrigerator and freezer are set to the proper temperatures this Monday (refrigerator should be below 40°F and freezer below 0°F). Be aware of your kitchen practices for the rest of the week- make sure you are keeping raw foods separated and washing surfaces and cooking equipment thoroughly.

December 17

Strengthen Your Support System

Quality social relationships can reduce stress and help you lead a more fulfilling life. Close family ties or friendships may also reduce physical manifestations of stress that can disrupt digestion, insulin regulation, and your immune system. The best part of all is that social support will benefit your loved one as well!

Research shows that the quality of the connection matters for stress reduction, so take some time to strengthen your most important relationships this week! Give an old friend a call, or build upon budding friendship by scheduling a fun activity.

December 24

Avoid Deprivation Disaster

Don't try to abstain from your guilty pleasures during the holidays! Learning how to balance your favorite foods will help you maintain your weight without feeling cheated. The key is portions: reduce your serving size of calorie-dense foods and fill your plate with high fiber fruits, veggies, beans and whole grains.

Enjoy a tempting food this week by planning ahead and keeping portions small. You can easily mix vegetables in with your favorite entree, start your meal with a large salad or add fruit to a bite or two of your favorite dessert. Take time this Monday to brainstorm solutions for your next party or get together.



December 31

A New Year Every Week

Congratulations on a full year of healthy habits! Even if you have a ways to go on your goals, you should be proud of all your hard work. Remember that Monday is your weekly opportunity to reset your intentions, build on your progress and start again if you've had setbacks. Challenge yourself one week at a time and you'll be there in no time!

Use this week to set your goals for 2013: What has worked well? What would you like to improve upon? Write down your objectives and break them down into smaller action steps that you can build upon over the year.



January 2

A Bite in the Right Direction- Start this Monday w a simple diet swap. Look at your routine this week & see where you can fit more. #HMtip

January 9

Make the First Move- Any activity is better than none! Sneak in extra steps this week. Write them down & think of ways to go further. #HMtip

January 16

Mend your Mood with Music- Beat stress with a playlist of your favorite upbeat tunes. Make yours Monday so you can listen all week! #HMtip

January 23

Vary your Vitamins- Check nutrition labels this week for vitamins and fiber. Try replacing an empty-calorie snack with something better. #HMtip

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Don't Postpone Your Physical- Periodic check-ins with your Dr. can help prevent problems & spot issues early. Call yours this Monday! #HMtip

March 19

Bite for the Better- Eating whole foods like fruits, veg, beans & whole grains increases energy, lowers health risks & helps w weight. #HMtip



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Take a Veggie Vacation- Improve your health & get some variety by sampling ethnic vegetarian dishes! Find recipes at @MeatlessMonday #HMtip

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It's Good to Go Bad- If a food takes years to rot, it's prob. full of fake ingredients. This week enjoy a menu of fresh food instead! #HMtip

May 7

What's Your Intensity?- Exercises vary from light to moderate or vigorous. Pick an activity from each level for this week's workout. #HMtip

May 14

De-Clutter, De-Stress- It's easy to feel stressed when surrounded by clutter. Clear & sort at least 1 space in your life this week! #HMtip

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Time to Track- Start a food & fitness journal this Monday to keep track of your hard work, learn from setbacks & keep moving forward! #HMtip

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Stay Sun Savvy- Check your stock of sunscreens and sun-protective gear this week. Prevent skin cancer by staying protected! #HMtip

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Focus on Fruit- Fruit is a delicious component of a healthy diet! Add a daily dose at breakfast, as a mid-day snack, or for dessert. #HMtip

June 11

Fitness, Take 2- Exercising in short burst is as useful as doing it all at once, so break activity into 2 sessions this week. #HMtip



June 18

Learn to Laugh- Laughter helps you de-stress & may prevent illness in the long run, so visit w friends this week & share a joke! #HMtip

June 25

Drink to Your Health- Make an effort to up your water intake this week. Bring a water bottle w you & have a glass w every meal. #HMtip

July 2

Have a Healthy Hangout- Get your group to plan a healthy BBQ w salads, veggies w dip & fresh fruit instead of processed meat & chips #HMtip

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Own Up to Slim Down- Look at your daily routine: Is there room for more activity or a snack u can replace? Make the change this week #HMtip

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Rethink Rituals- Balance healthy living w work, family & commitments! This week suggest a new active tradition to friends & family. #HMtip

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Make Time for Hobbies- Hobbies are one of the best ways to unwind after a long day. This week, set aside 15 mins each day for yours. #HMtip

July 30

Retreat from Heat- Avoid heat-related illness: drink more fluids; wear light clothing; & limit time outdoors during peak hours. #HMtip

August 6

Don't Let the Weekend End It- Take time this week to plan healthy goals for the weekend. Add activity or think of ways to eat better #HMtip

August 11

Serve a Sensational Salad- Create your own salad this week. Write down your favorite combination so you can enjoy it again! #HMtip

August 20

Count on Your Community- Scan the local paper, bulletin boards & park guides this week for fun activities to add to your routine. #HMtip

August 27

Be a Buzz Kill- Stay calm by reducing your caffeine consumption this week (especially if you know you have a stressful day ahead). #HMtip

September 3

Ready, Set, Go Bag- Make an emergency supply bag, then discuss your family's emergency plan and keep a copy of it at home and work. #HMtip



September 10

Stop & Smell the Rosemary- Have an enjoyable meal this week by setting aside 20-30 mins to eat. Savor each bite & don't multitask! #HMtip

September 17

Meat Me Halfway- Most diets contain too many solid fats, sat.fats & cholesterol. Cut back w less meat this week. @MeatlessMonday #HMtip

September 24

Walk Awhile- Fill in fitness gaps this week by adding walking to your routine for 20+ mins each day. Try to increase your speed. #HMtip

October 1

Do the Best for Your Breasts- Evaluate your current breast cancer prevention practices- check to see when you should be screened. #HMtip

October 8

Go on a Veg Adventure- Explore 3 new fruits & veggies by adding them into your diet this week. Try @MeatlessMonday for recipes! #HMtip

October 15

Give a Nod to Nature- This week, fit in a session with nature. Take a hike, listen to the birds, or reflect upon a body of water. #HMtip

October 22

Cover Wholes in your Diet- Switch to at least 1 whole grain bread, cereal or pasta. Make sure "whole" is the 1st word on the label! @HMtip

October 29

Get Your Game On- Stay fit this week by coming up with two entertaining ways to exercise. Include outdoor activity on Halloween! #HMtip

November 5

Maximize Your Minutes- Alleviate stress this Monday by writing down your goals and prioritizing them. Tackle important tasks first. #HMtip

November 12

Deter Diabetes- Learn the risks & symptoms for diabetes this week. By focusing on your health earlier, you can prevent the disease! #HMtip

November 19

Build a Battle Plan- Look at this week's schedule & identify upcoming challenges to your routine. Think of some effective solutions. #HMtip

November 26

Research for the Road- Planning a trip? Having a idea of what foods are available along the way will help you stay in control. #HMtip



December 3

Secure Some Sleep- Sleep soundly by adding regular exercise 4 days a week. If you'd like, keep a sleep journal to track progress. #HMtip

December 10

Clean, Separate, Cook, Chill- Be vigilant in the kitchen this week to ensure that you're following the 4 rules for keeping food safe. #HMtip

December 17

Strengthen Your Support System- Strong friendships can help with stress reduction, so give an old pal a call and catch up this week! #HMtip

December 24

Avoid Deprivation Disaster- Enjoy a tempting food this week by planning ahead. Balance a small portion w a side of fruit or veggies. #HMtip

December 31

A New Year Every Week- Write down your 2013 goals & break them into smaller action steps that you can build upon week after week. #HMtip