

January 3

Bring Resolutions into Focus

Come up with a weekly plan that can help you achieve your New Year's goals. Start your plan on Monday and recommit each week. If you fall off, try again next Monday. Soon healthy habits will be part of your weekly routine!

January 10

Tune in by Vegging out

Do you eat 5 servings of fruits and vegetables every day? If not, aim for at least one more serving this week. Replace your midday snack with a piece of fruit or boost the nutrients on your dinner plate with an extra side of veggies.

January 17

Slow and Steady Wins the Race

Fitness doesn't have to be hard work! Start with small changes in your routine and build from there. Walk a Monday Mile after dinner, do crunches during commercials or dance while cooking. Even a little extra movement can improve health and reduce stress.

January 24

Get Real about your Ideal

Building a lifetime of healthy habits doesn't happen overnight! Realistic expectations and a positive mindset will greatly increase your likelihood of success. So take it one step at a time and celebrate progress.

January 31

Feed Between the Lines

Nutrition labels offer useful information that can help you make smarter choices, so be sure to read them. This week do the Monday 2000, check the calorie counts of your favorite foods and try to work within the USDA recommended 2000 calorie budget.

February 7

Act Now and Never Miss a Beat

Everyday actions like moving more, maintaining a healthy weight, reducing stress and cutting smoking have a big impact on your heart! February is Heart Month, so take steps to reduce your risk of stroke, heart disease and high blood pressure.

February 14

Love at First Bike

Instead of a lavish dinner and chocolates, woo your sweetheart with an action-packed date. Take a romantic walk or bike ride, practice your ice skating or go out dancing. No beau? Grab a friend!

February 21

Never be Fruitless!

Make healthy eating easy by keeping the tools you need close at hand. Have a fruit bowl on your counter at home, stash nuts or dried fruit in your desk or keep pre-washed and cut carrots, peppers and broccoli crowns in your fridge for a quick snack.

February 28

Take Five for Fitness

It's easy to squeeze 2 ½ hours of weekly activity into your schedule! Start this Monday by taking five-minute fitness breaks throughout the day. Smaller bursts of movement won't seem as daunting but will still have an impact.

March 7

Stress is Nothing to Worry About

You can easily curb stress by taking a few minutes for yourself this week. If you're feeling overwhelmed, step away from the situation, refocus your thoughts and devote time to deep, meditative breathing.

March 14

Avoid Feeding your Feelings

Before you rush into an unhealthy food choice, ask yourself: are you truly hungry? You may just be bored, sad, stressed or lonely. Evaluating your emotions and eating mindfully can drastically cut unnecessary calories.

March 21

Drive Yourself to Move More

This week put the breaks on your usual routine and rev up your fitness goals by avoiding your car. Move it this Monday by walking, biking, skateboarding or taking public transportation. Less time driving means more time for activity!

March 28

Dish Out an Exotic Experience

It's no coincidence that cultures with whole, plant-based diets tend to promote less disease and longer life spans! This week have a Meatless Monday and try a new ethnic cuisine like Thai, Greek or Indian.

April 4

Refresh Your Resolve

Take some time this week to assess your progress on your fitness and nutrition goals. Are you where you hoped to be? If not, what steps can you take to guarantee results? Come up with a revised weekly plan that will help you achieve success.

April 11

A Healthy Weight Hangs in the Balance

To maintain your weight, it's important to balance calories eaten with calories used. This week keep track of the calories you consume by keeping a food journal. Try to stay within a 2000 calorie budget.

April 18

Go O'Natural

With Earth Day approaching, take time this week to get out and enjoy nature! Whether you go for a bike ride, observe wildlife or participate in a sporting event, now is the perfect time to gear up for spring and more outdoor activity.

April 25

Grab a Date to Shrink your Plate

Eating out this week? Cut calories and fat by splitting oversized portions with a friend. If you're dining solo, choose a healthful appetizer or two side dishes instead. Your meal will be better for you and just as satisfying.

May 2

Bask in the Springtime Shade

Today is Melanoma Monday- prevent skin cancer by avoiding tanning beds, wearing protective clothing in the sun and seeking shade. Remember to be especially careful at the beach: water and sand reflect the sun's rays, increasing your chances of sunburn.

May 9

Add Some Step to your Spring

Make the most of the spring weather with everyday outdoor activities! Wash the car, garden, clean the garage or finally finish your home repairs. You can take pride in your handiwork and your workout!

May 16

Try Veggies on for Sides

Vegetables are low in fat and full of fiber and essential nutrients! Make sure you're getting the most out of your meals this week by including two types of veggies on your dinner plate.

May 23

Your Health is a Laughing Matter

A good laugh can relieve pain, soothe tension and make it easier to cope with stressful situations. If you're feeling tense this week, put a smile on your face by calling a friend, playing a silly game with your kids or swapping cheesy jokes with a coworker.

May 30

Shake your Salt Intake

A high-sodium diet raises your blood pressure, increasing your risk of stroke and heart disease. Cut back this week by ignoring your salt shaker and opting for low or reduced sodium soups, broths, beans and seasonings.

June 6

Wake up and Walk!

Get more steps into your day by walking whenever you can. Go to your co-worker's desk instead of using e-mail, get off the bus a few stops early, walk while you talk on the phone or commit to a Monday Mile.

June 13

Add Some Edge to your Veg

It can be easy to get stuck in a veggie slump. This week bring at least one new vegetable into the mix to diversify your nutrients and your pallet. Add it to a tried-and-true recipe like a stir-fry or pasta dish so you can savor new flavors without feeling overwhelmed.

June 20

Make Health a Family Affair

Teach the children in your life how to eat well by letting The Kids Cook Monday! When families cook and eat together, children learn valuable culinary and communication skills. You'll be helping them build a healthier life while reaping the nutritious benefits.

June 27

Get a Healthy Hobby

Summer is the perfect time to embrace new outdoor activities! Move it this Monday by swimming, biking, playing volleyball or trying another sport that you've always wanted to play. Find space in your schedule to practice and you'll be a pro in no time.

July 4

Red White and Blueberries

Celebrate Independence Day with flavinoids! Not only are raspberries and blueberries a festive treat, they're also packed with antioxidants and fiber. Try adding them to cereal, yogurt or salads this week for a healthy boost.

July 11

Don't be Late to Hydrate

Waiting until you're thirsty is not a good indication of hydration. Water is essential for proper cell function, waste removal and joint lubrication, so be sure that you're getting enough! Drink 6-8 glasses of water each day, especially before and after exercise.

July 18

Pair Up, Slim Down

Fitness is more fun with a friend! Get a pal, co-worker or family member to commit to an activity meet-up at least once a week. Live far away? Set up an exercise challenge with weekly check-in calls or e-mails.

July 25

Meat me Halfway

Who says meat has to be the center of attention? Pick a favorite vegetable to build a meal around today. For a bigger health boost, challenge yourself to a Meatless Monday and have a veggie-full start to your week!

August 1

Find your Zeal for Zen

Meditation can cut stress by quieting the steady stream of thoughts that crowd the mind. You can meditate anywhere for any length of time, so squeeze in a mindful moment this Monday. Hone your ohm through weekly practice and patience.

August 8

Pick a Petite Plate

Oversized plates lead to oversized portions, so slim your serving size this week by eating your meals on a salad plate. Your dish will seem just as full- that way you'll be satisfied with less.

August 15

Time for a Change of Pace?

If you're getting bored with your exercise routine, switch it up this week! Varying your activity means you'll work new muscle groups, plus you'll be more likely to stick with it if you're having fun.

August 22

Make an Appointment with Prevention

Can you remember the last time you saw your doctor? If not, it's time to make an appointment this Monday. General check-ups can catch problems early and ensure timely treatment and better health.

August 29

Snack Well, Eat Better

There's nothing wrong with the occasional snack! In moderation, they can reduce meal-time binging and actually lead to less calories consumed. Feeling peckish this week? Opt for raw veggies, nuts, fruit, whole grain crackers or low fat cheeses.

September 5

Labor Less, Move More

Relax and refocus this Labor Day with summer games from your childhood! Celebrate with red rover, capture the flag or a three legged race. Encourage your family to play along and schedule a meet-up next week for another round!

September 12

Cover Wholes in your Diet

September is Whole Grains Month! Get in three servings a day by trying products that list "whole grain", "whole wheat" or "whole oats" as their first ingredient. Whole grains are a simple swap that will boost your intake of iron and fiber.

September 19

Go the Extra Mile

Make an effort to boost your activity this week. Make moderate increases in the time, intensity, or number of your current workouts. Building on your usual exercise routine will result in more activity over time.

September 26

Rethink your Routine

Fall is upon us- time to wind down from summer vacation and settle back into a regular routine. Take time this week to reevaluate your schedule and priorities for the coming season. Planning reduces stress and ensures that healthy habits find their way into your daily life.

October 3

Squash your Produce Slump

Add some healthy variety to your diet this week by enjoying fall's bounty! Stop by your local farmer's market and add fresh beets, squash, okra or pumpkin to your plate. These hearty vegetables are full of fiber and make a great Meatless Monday entree.

October 10

Fall into Festive Fitness

Autumn's crisp air makes it the perfect time of year for outdoor exercise. Do yard work, take the dog to the park or try a round of kickball or soccer. Add some fun to your routine this week and you'll be moving in no time!

October 17

Have a Supermarket Strategy

Spend less time and money in the grocery store by having a plan of attack. Shape a shopping list around this week's meals and stick to it. Dodge unhealthy temptations by avoiding the supermarket when you're tired or hungry.

October 24

Feel Full with Fiber

Fiber has been shown to improve digestion, regulate blood sugar and help you feel fuller, longer. Get your recommended 25-30 grams each day with several servings of fiber-rich foods like whole grains, fruits, vegetables and legumes.

October 31

Scare Up Some Active Fun

Halloween can be a sweet holiday or a caloric nightmare. Balance the good with the bad today by thinking before you bite and enjoying outdoor activities. Try building a scarecrow with your kids, picking apples or attending local Halloween activities like parades or haunted houses.

November 7

Don't Let Diet Beat Us

Physical inactivity, obesity and high blood pressure are all risk factors that can lead to type-2 diabetes. November is American Diabetes Month, so reduce your risk by eating less, moving more and focusing on a healthy diet of whole, unprocessed foods.

November 14

Thyme is on your Side

Instead of heavy sauces, butter and marinades, flavor foods with spices and other low-fat, low-sodium seasonings. Try rosemary, basil or red pepper on some of your favorite foods this week for a new, healthy twist.

November 21

Fill Up on Family

Avoid overeating by using Thanksgiving to catch up with relatives. Step away from the turkey and chat with your family, or work off some stuffing by going for a post dinner walk, playing tag with children or starting a game of touch football.

November 28

There's More to Fit than Fat

Just because a food is branded as "low-fat" or "fat free" does not necessarily mean it's a healthy choice. Check food labels to make sure fat hasn't been replaced by unnecessary sugar, calories and artificial flavorings. When in doubt, opt for whole foods instead.

December 5

Stay In, Work Out

Just because it's cold outside doesn't mean you can't keep moving! Make the most of the great indoors this week with jumping jacks, leg lifts, sit-ups or an at-home fitness video. Encourage your family to think up active games and join in on the fun.

December 12

Have a Havoc-Free Holiday

Seasonal stress leaving you anything but merry? Take time this week to set realistic expectations about your holiday schedule and budget. Remember it's ok to say no if you're feeling overwhelmed, and leave yourself plenty of time for mindful moments and celebrations!

December 19

Stay Festive, yet Focused

It's easy to use the holiday season as an excuse to overindulge, but don't abandon a year of healthy habits in the homestretch! Remain committed to your diet and fitness goals and be sure to make time in your schedule for exercise and stress reduction.

December 26

A New Year Every Week

Take time this week to think about your goals for the coming year. Set a healthy resolution and stick to it by evaluating your progress and setting new goals every Monday. When you refocus your intentions each week, you're much more likely to change for good!