FOR EVERY BURGER SKIPPED, YOU CAN SAVE ENOUGH ENERGY TO CHARGE YOUR IPHONE FOR 4.5 YEARS.

GO MEATLESS THIS MONDAY

For Your Health
Going meatless once a week may reduce your risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes, and obesity.
For lots of mouthwatering meatless recipes go to MeatlessMonday.com

Eat Purple for a Longer Life

Don’t have a cow!
It’s Meatless Monday!

Purple fruits and vegetables are good for longevity.
Cookbooks

Family Dinner Date Cookbook
Get your entire family cooking this Monday with 12 simple and delicious recipes. Easy step-by-step directions divided into kid, adult, and together tasks.

Newsletters

This Monday, we're cooking a Fantastic Frittata!

Potato Frittata with Zucchini and Spinach
The humble frittata provides an easy way to transform fresh vegetables and flavorful herbs into a satisfying meal. Kids learn a versatile cooking skill by helping to crack the eggs. This recipe comes to us from our friends at the United States Potato Board.

Cooking Tip of the Week
Avoid Spoilage by Freezing Milk in Ice Cubes

Videos

The Kids Cook Monday Video
OUTDOOR EXERCISE DRESS FOR SUCCESS

Insulate your body with layers when exercising outdoors in cooler weather. Layering is the most effective heating method, and allows you to remove the top layer if you get too hot. The layer closest to your skin should wick away moisture; synthetics are best, or merino wool. The top layer should be both wind and water resistant. Be comfortable. You’ll exercise longer.

FIND AN EXERCISE BUDDY AT WORK

Lunchtime is a great time to fit in some activity and if someone at work will join you it’s easier to do. Go for a power walk or head to a gym together for a class or a swim. Meeting up to go to the gym after work can also help you both stay motivated.

It’s Monday. Time to move!
5 ways to ‘deskercise’

- **SIDE SWIVELS:** Shake your hips and talk your hips. The more you move your hips, the more you move your core.
- **KNEE-UPS:** This one’s the best one yet! Bouncing your knees up between 100 and 120 times will make your core burn.
- **CHAIR DIPS:** Even though this is an office chair, that doesn’t mean you can’t dip! Try out a few Chair Dips to work your glutes.
- **BAG CURLS:** Your power is in your arms. The more you release your power, the more you move your core.
- **STRETCHES:** Time to move!

This Monday stretch yourself. Try chair yoga.

- **SEATED CAT:** Leg walk, leg walk, left and right.
- **SIDE STRETCH:** High, low, high and low, legs up and down.
- **NECK STRETCH:** Neck up, neck down, neck high, neck high.
- **STRETCH:** Time to move!

Exercise your feet, not your fingers.
Guided Audio Meditations

This 5-minute meditation guides you to be more mindful and feel positive about the week ahead. Led by Peggy Neu.

Peggy Neu is a long time meditation and yoga practitioner who led the development of the Monday Reset practice, using evidence-based techniques of mindfulness, deep breathing and visualization to help people start the week with a positive frame of mind. She is President of the Monday Campaigns.

Infographics

- Mindful Walking:
  - We walk 8 to 10,000 steps a day, but sometimes it’s hard to focus on each step. Fix your eye on the ground in the line of your feet to get your form right.

- Mindful Breathing:
  - Sit comfortably and pay attention to your breathing, or the breath coming up through your belly and in through your nose, out from your mouth. When your mind wanders back to the past or the future, gently return to your breathing and to the here and now.

- Mindful Listening:
  - Select a piece of instrumental music (lyrics can do distraction) and relax your eyes and ears.

- Mindful Eating:
  - Turn off the TV, computer, and phone and sit with your meal in front of you. How many times have you been interrupted by the phone or TV while eating? Now that you’re eating, be aware of what you’re eating without thinking about what you’re eating. Savor every bite. Take each bite like its the first bite. You’ll find you’re less likely to overeat and more mindful.

- Mindful Observing:
  - When you’re sitting around, it’s easy to relax, but the beauty of our natural environment is lost.

E-Cards

IT'S GONNA BE A GREAT NEW WEEK.
AND YOU'RE INVITED!

Happy New Week!
“FAILURE IS SIMPLY THE OPPORTUNITY TO BEGIN AGAIN, THIS TIME MORE INTELLIGENTLY.”

~ (HENRY FORD)

QUIT SMOKING THIS MONDAY and the benefits will start right away

I week after quitting, your sense of taste and smell improves.

FORGET NEW YEAR’S. MONDAY IS THE DAY TO QUIT.

This year, 8 million people will search for quit smoking help on Mondays. Why wait for the new year when you can quit on a new week? CALL 1-800-QUIT-NOW.

CONGRATULATIONS ON QUITTING. HERE IS $2321.

Quitting one pack a day saves an average of $2321 a year. In NY, it’s $3292 a year. That’s almost the cost of lunch in NYC. Quit Monday and try not to spend it all in one place.