Get healthier one Monday at a time with THE HEALTHY MONDAY REFRESH.

1. SET REALISTIC GOALS
   But keep at it. Don’t give up.

2. BREAK THEM DOWN INTO STEPS
   Progress is the key, not perfection.

3. MAKE A WEEKLY PLAN
   Check in on Monday and keep to it.

4. DO IT WITH OTHERS
   Check in on Monday for support and encouragement.

5. HIT REFRESH IF YOU LAPSE
   Every Monday is a new opportunity.
A health regimen can mean different things to different people. Which is why we have several programs geared toward different aspects of getting healthy. Use one or several of our campaigns below to help people at your organization stay on track with healthy behavior.

Meatless Monday — Good for you. Good for the planet.
A global movement with a simple message: skip meat one day a week. Our goal is to reduce meat consumption by 15%, which is good for you and good for the planet.

DeStress Monday — Start the week positive.
Emphasizes a positive start to the week in order to reduce stress throughout the rest of the week. We provide stress reduction tools to help keep you more mindful, relaxed, and balanced.

Move It Monday — Jump start your week.
Encourages people of all fitness levels to kick off the week with physical activity. We provide simple workouts, tips, and inspiration for individuals, work sites, schools, and communities to move more.

Quit & Stay Quit Monday — Quit and recommit.
A smoking cessation enhancement program that helps smokers quit, re-quit, or recommit to quitting smoking. It can be used by individuals or counselors, or integrated into existing tobacco cessation programs.

Kids Cook Monday — Make Monday night family night.
Designed for families to set aside Monday night for cooking and eating together. We provide family-friendly recipes and video demos along with a free starter family dinner toolkit.

Caregiver Monday — Dedicated to the care of caregivers.
Provides caregivers tips and practices to set aside time every Monday to focus on their own health. 67% of caregivers put the health of the family member they care for ahead of their own, and this program helps them establish more balance.

The Monday Campaigns
develops our programming and materials in collaboration with Johns Hopkins, Syracuse and Columbia universities. The Monday movement has grown to a vast network of schools, universities, businesses, community organizations, nonprofits, agencies, and media outlets.

If your organization is interested in collaborating with The Monday Campaigns or would like guidance on using our materials, please contact us at: MondayCampaigns.org/contact