

2017 Nov

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Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

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Start this month focusing on your health goals. Write your three new health goals to the left.

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Holiday season can be financially stressful. Create a budget to ensure you don't overspend.

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Bring this healthy side dish to your next holiday outing.

Start with this [healthy recipe](#).

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Do a variety of cardio and strength training while working out to build different muscles.

Learn more [here](#).

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What are you thankful for? Take a moment to reflect on happy memories.

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Did you meet your health goals this month? Check them up top.

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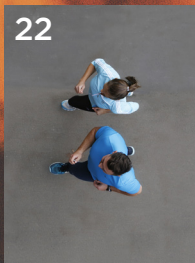
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How will you add fruits and veggies to your holiday meal?

Learn more [here](#).

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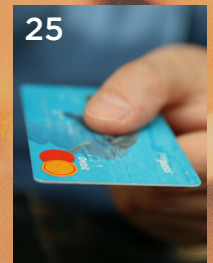


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If you go shopping this weekend, make sure to check the age range of the gifts you buy for safety purposes.

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Stay active after holiday dinners by taking a walk or playing touch football.

Learn more [here](#).

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Use healthy swaps, like 2 egg whites for 1 whole egg, to create healthier dishes during the holiday season.

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2017 Now

November is healthy weight month.

'Tis the season for family, festivity, and food. Here are 5 tips to help you manage your weight this holiday season:

1. Swap Out

Invited to a party? Offer to bring a healthy alternative side dish.

2. Outsmart the Buffet

Start with vegetables to take the edge off your appetite.

3. Fit in Favorites

Choose the dishes you really love and can't get any other time of year, like pumpkin pie.

4. Keep Moving

Get active with friends and family, such as taking a walk after a holiday meal.

5. Get your Zzz's

Aim for 7 to 8 hours per night to guard against mindless eating.



Source: CDC.gov

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