

Jan 2017

a bright new year awaits for you to make your mark...

SUN

1



MON

2

Why not start your health journey now? Write three ways you can focus on your health this month.

TUE

3

WED

4



THU

5

Perform an act of kindness today. Try starting a conversation with a new co-worker.

FRI

6

SAT

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Step into a healthier you with 10,000 daily steps. Learn more [here](#).

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Plan and prepare tasty meals for next week. [Start with this healthy recipe](#).

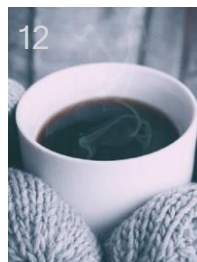
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Are you meeting your health focuses this month? Check them below.

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Research shows 30 minutes of exercise a day is healthy. Learn more [here](#).

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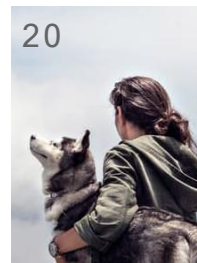
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Remember it is flu season. Wash your hands often.

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Turn on your favorite music and pump up your workout.

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Take some me-time and cuddle up by the fire with a soft blanket.

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Reward yourself by taking a break to stretch your legs and reset.

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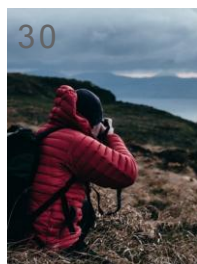
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There are many paths to a healthier year. Are you on a path to meet your health focuses?

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Bundle up and take a walk with a friend to enjoy the beautiful outdoor scenery.

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

Jan 2017

Embrace Change

By following these three tips

1

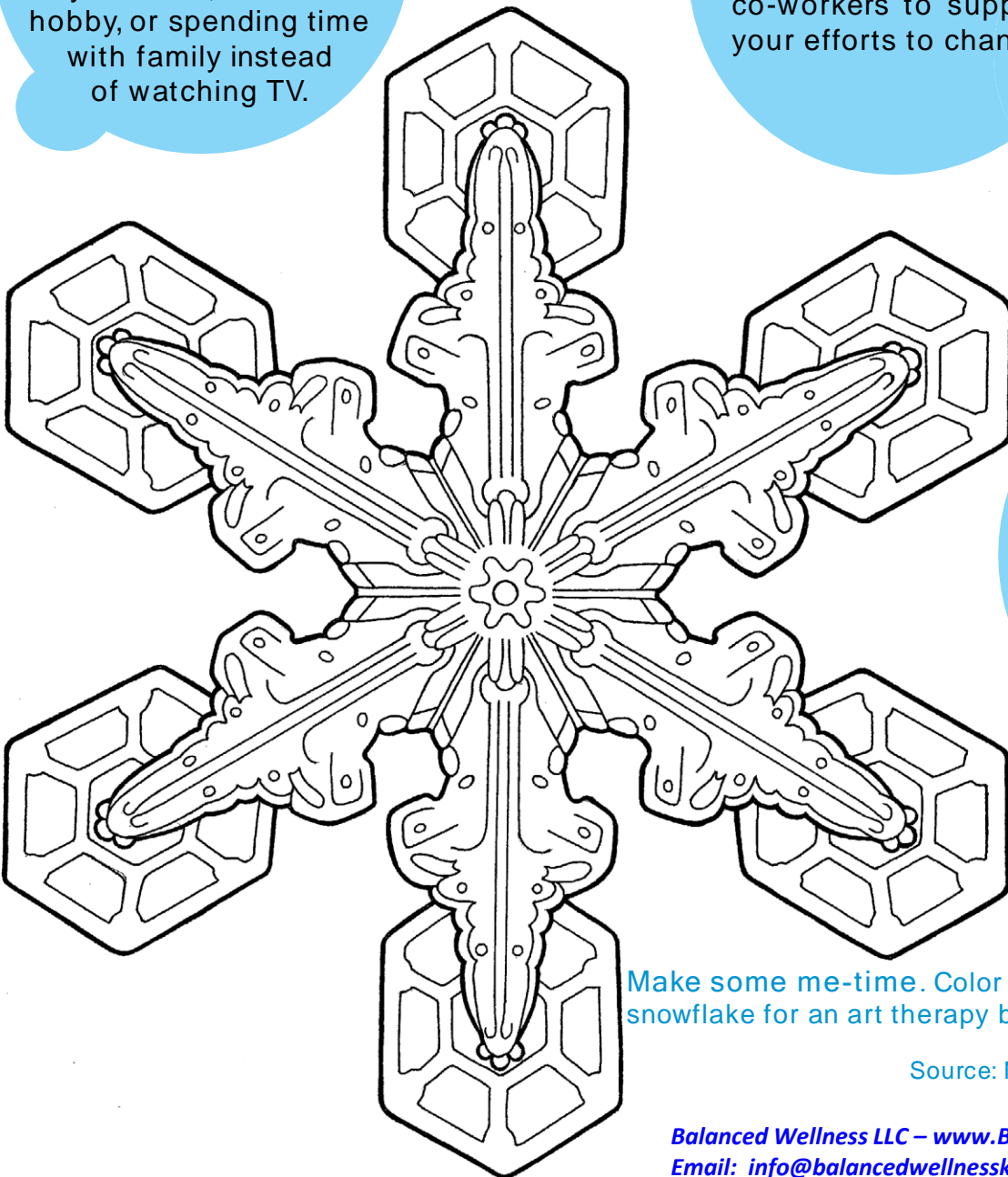
Replace unhealthy behaviors with healthy ones. Try exercise, a favorite hobby, or spending time with family instead of watching TV.

2

Enlist support. Ask friends, family and co-workers to support your efforts to change.

3

Reward yourself for the small steps. Give yourself a healthy treat when you've achieved a small goal or milestone.



Make some me-time. Color this snowflake for an art therapy break.

Source: NIH.gov