

# 2019 Live Well Planner



# Introduction

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These days, you may feel overwhelmed with all the health information available to you. However, there are really only a few basic tips to keep in mind for your optimal health. According to experts, leading a healthy lifestyle can help you achieve total wellness and keep costly, chronic conditions at bay.

Living a healthy lifestyle, though, is easier said than done. That's where the Live Well Planner comes in. The Live Well Planner provides you with the tools you need to feel and live healthier than ever before. Each month features exercise, diet and overall wellness articles, while each week provides you with plenty of space to plan your meals, log your workouts, plan your daily activities and appointments—or all of the above!

Each week also offers a “Tip of the Week” designed to help you stay on track and includes a section where you can write down your goals for each week. As an added bonus, the last page of every month will feature two healthy, easy and delicious recipes for you to try. The nutritional information for these recipes are also included.

Staying organized, planning your days, workouts or meals, and having access to wellness information and healthy recipes is a great way to get yourself on track to achieve your wellness goals.

However, please remember that you should speak with a medical professional *before* you begin a diet and fitness regimen. You and your doctor together can decide the best diet and fitness plan, plan reasonable goals and establish a safe, tenable timeline for you to achieve your wellness goals.

## Want to print?

Printing out this Live Well Planner is recommended. If you prefer to print out the planner on a month-by-month basis, please follow these instructions:

1. Choose the “Print” option from the “File” menu.
2. Under the “Settings” option, click on the arrow next to “Print All Pages” to access the drop-down menu. Select “Custom Print” and enter the page number range you would like to print, or enter the page number range you would like to print in the “Pages” box.
  - January—Pages 3-10
  - February—Pages 11-17
  - March—Pages 18-25
  - April—Pages 26-32
  - May—Pages 33-39
  - June—Pages 40-47
  - July—Pages 48-54
  - August—Pages 55-61
  - September—Pages 62-69
  - October—Pages 70-76
  - November—Pages 77-83
  - December—Pages 84-91
3. Click “Print.” For more information, please visit the Microsoft Word [printing support page](#).

The articles used in this planner are intended for informational purposes only and are not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.





# January 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## Rescue Your Skin This Winter

Taking care of your skin the right way can be difficult. When the temperature and humidity levels drop though, the task can seem almost impossible to achieve. Having dry skin may not seem like the most concerning health problem, but not treating dry skin can result in:

- Itchiness
- Cracked, painful skin
- Eczema
- Bacterial infection
- Dermatitis

This winter, you should limit how much hot water you expose your skin to as hot water rapidly dries out your skin. Additionally, you use minimal soap and you should make sure that the soap you use is gentle on your skin. Finally, you should make sure that you're properly moisturizing to keep your skin hydrated and healthy.

## How to Make a S.M.A.R.T. New Year's Resolution

According to research, only 8 percent of the people who make New Year's resolutions actually achieve them. This could be due to people setting unrealistic goals or setting no goals at all. If you want to make a resolution in the new year and actually stick to it, consider setting a "SMART" goal—one that is specific, measurable, attainable, realistic and timely.

For example, let's say that your goal is that you would like to take three CrossFit classes per week for 60 days. If you achieve your goal at the end of that 60-day period, you should reward yourself with something worthwhile. Then, keep your original goal going with consecutive SMART goals after you complete each one. Remember that when you set your SMART goal, you should determine your reward then, as well. That way, when you're five weeks in and tempted to throw in the towel, you can set your sights on that specific reward and remind yourself how close you are to getting it.

# Week of: Dec. 30–Jan. 5

## Tip of the Week

Take a “before” picture and save it. Not only will this help motivate you to achieve your goals, but you can track your progress by taking “check-in” photos and comparing them to your before snap throughout the year.

## Goals or To-do List

Sunday	30
Monday	31
Tuesday	1
Wednesday	2
Thursday	3
Friday	4
Saturday	5



# Week of: Jan. 6–Jan. 12

## Tip of the Week

Ease into your healthy eating plan. Going cold turkey and cutting out all of the “bad” foods from your diet at once sounds like a good plan, but in reality, it isn’t. Slowly cutting the bad foods out of your diet will help improve the chances of you sticking to it (and not being miserable).

## Goals or To-do List

Sunday	6
Monday	7
Tuesday	8
Wednesday	9
Thursday	10
Friday	11
Saturday	12

# Week of: Jan. 13–Jan. 19

## Tip of the Week

Start off slowly and simply with exercise. Overdoing it with exercise will not help you reach your goals. It might actually set you back if you try to do too much too fast and end up hurting yourself.

## Goals or To-do List

Sunday	13
Monday	14
Tuesday	15
Wednesday	16
Thursday	17
Friday	18
Saturday	19

# Week of: Jan. 20–Jan. 26

## Tip of the Week

Diet and exercise are equally important. To get the best results, it is imperative that you eat well and exercise consistently.

## Goals or To-do List

Sunday	20
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Monday	21
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Tuesday	22
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Wednesday	23
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Thursday	24
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Friday	25
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Saturday	26
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# Week of: Jan. 27–Feb. 2

## Tip of the Week

Reduce the amount of processed and packaged foods you consume. Generally speaking, the fewer ingredients, the better the food.

## Goals or To-do List

Sunday	27
Monday	28
Tuesday	29
Wednesday	30
Thursday	31
Friday	1
Saturday	2



# Light as a Feather Whole-wheat Pancakes

**Makes: 12 servings**

## Ingredients

- 1  $\frac{1}{3}$  cups whole-wheat flour
- 1  $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. baking soda
- 1 egg
- 1 Tbsp. brown sugar (packed)
- 1  $\frac{1}{2}$  cups buttermilk
- 1 Tbsp. oil

## Directions

1. Preheat griddle. In medium bowl, stir or sift dry ingredients together.
2. In a separate bowl, beat egg, buttermilk, brown sugar and oil together. Stir into dry ingredients just until moistened. Batter should be slightly lumpy.
3. Pour  $\frac{1}{4}$ -cup batter for each pancake onto sprayed or seasoned hot griddle.
4. Flip the pancake when bubbles appear on surface. Turn only once.

## Nutritional information for 1 4-inch pancake

- Calories—77
- Total fat—2 g
- Saturated fat—0 g
- Cholesterol—17 mg
- Sodium—194 mg
- Total carbohydrate—12 g
- Dietary fiber—1 g
- Total sugars—2 g
- Added sugars included—1 g
- Protein—3 g



# Fiesta Hummus

**Makes: 6 servings**

## Ingredients

- 1 can garbanzo beans (drained)
- ½ tsp. cumin
- ¼ tsp. salt
- ⅛ tsp. cayenne pepper
- 2 cloves garlic (minced)
- ½ cup plain nonfat yogurt
- 1 Tbsp. lime juice
- 1 Tbsp. sesame oil
- 1 jalapeno pepper (finely chopped)
- 2 Tbsp. cilantro (chopped)

## Directions

1. Dump beans into a blender. Blend until mashed.
2. Add remaining ingredients to blender. Blend until smooth.
3. Chill at least 1 hour or overnight.
4. Serve on crackers or tortilla chips.
5. Refrigerate leftovers.

## Nutritional information for ¼ cup hummus

- Calories—123
- Total fat—4 g
- Saturated fat—0 g
- Cholesterol—0 mg
- Sodium—231 mg
- Total carbohydrate—17 g
- Dietary fiber—4 g
- Total sugars—4 g
- Added sugars included—0 g
- Protein—6 g





# February 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

## Exercise Your Way to a Healthier Heart

Every year, the United States recognizes February as American Heart Month. Heart disease is the leading cause of death for both women and men in the United States, causing about 610,000 deaths annually. Heart disease is also an extremely expensive disease—costing the United States about \$207 billion annually in the cost of health care, medications and lost productivity. Fortunately, heart disease can often be prevented by living a healthy lifestyle and properly managing health conditions.

In addition to eating healthy and avoiding cigarettes, exercise is an important contributor to cardiovascular health. In order to make exercise an effective tool for cardiovascular health, the American Heart Association suggests that you get at least 150 minutes of moderate exercise per week or 75 minutes of vigorous exercise per week. An easy way to keep track of your exercise is to aim for 30 minutes a day, five times a week.

## Do You Have Chronic Back or Neck Pain? Your Posture May be to Blame

Posture is something that most people don't think twice about. We tend to sit or stand in whatever way feels the most comfortable at the time. However, poor posture can wreak havoc on your body, causing back and neck pain, muscle fatigue, digestive issues and even breathing problems.

To avoid the dangers associated with poor posture while sitting, make sure your computer monitor is at eye level to avoid straining your neck by constantly looking down. In addition, avoid holding a phone on your shoulder throughout the day. Instead, use a hands-free device like a headset or one with Bluetooth capabilities. Taking the time to stretch and strengthen core muscles can also help correct muscular imbalances.

Poor posture is something that affects you more over time. By taking steps now to be conscious of your posture, you can decrease your chances of developing joint pain and improve your overall well-being.

# Week of: Feb. 3–Feb. 9

## Tip of the Week

Move your body every day of the week and remember to think of movement as exercise. This could include standing for 10 minutes at work or going on short walks throughout the day.

## Goals or To-do List

Sunday	3
Monday	4
Tuesday	5
Wednesday	6
Thursday	7
Friday	8
Saturday	9

# Week of: Feb. 10–Feb. 16

## Tip of the Week

Eat smaller portions and eat slowly—especially when you are eating an indulgence food. It can take up to 20 minutes for your brain to recognize that you are full. Eating slowly helps you make sure that you don’t overeat.

## Goals or To-do List

Sunday	10
Monday	11
Tuesday	12
Wednesday	13
Thursday	14
Friday	15
Saturday	16



# Week of: Feb. 17–Feb. 23

## Tip of the Week

Create a fail-safe environment in your home by not stocking it with foods that tend to be your downfall.

## Goals or To-do List

Sunday	17
Monday	18
Tuesday	19
Wednesday	20
Thursday	21
Friday	22
Saturday	23

# Week of: Feb. 24–March 2

## Tip of the Week

Get enough sleep. How much you sleep and quite possibly the quality of your sleep may silently orchestrate a symphony of hormonal activity tied to your appetite. Bottom line—a lack of sleep can make you hungry.

## Goals or To-do List

Sunday	24
Monday	25
Tuesday	26
Wednesday	27
Thursday	28
Friday	1
Saturday	2



# Brussels Sprouts with Mushroom Sauce

Makes: 2 servings

## Ingredients

- 2 cups Brussels sprouts
- ½ cup low-sodium chicken broth
- 1 tsp. lemon juice
- 1 tsp. spicy brown mustard
- ½ tsp. dried thyme
- ½ cup mushrooms (sliced)

## Directions

1. Trim Brussels sprouts and cut in half. Steam until tender, about 6 to 10 minutes.
2. In a nonstick pot, bring the broth to a boil.
3. Mix in the lemon juice, mustard and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the Brussels sprouts.
6. Toss well to coat with the sauce.
7. Serve warm.

## Nutritional information for 1 serving

- Calories—54
- Total fat—1 g
- Saturated fat—0 g
- Cholesterol—0 mg
- Sodium—69 mg
- Total carbohydrate—10 g
- Dietary fiber—4 g
- Total sugars—2 g
- Added sugars included—0 g
- Protein—5 g





# Banana Cupcakes

Makes: 12 servings

## Ingredients

- ½ cup shortening (solid vegetable)
- ¾ cup sugar
- 2 large eggs
- 1 tsp. vanilla extract
- 1 ½ cups flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 cup banana (mashed)

## Directions

1. Heat oven to 350 F.
2. In a large mixing bowl, cream shortening and sugar using an electric mixer. Add eggs and vanilla. Mix well.
3. In a medium mixing bowl, combine flour, baking powder, baking soda and salt.
4. Add dry ingredients (flour mixture) and bananas to creamed mixture (the egg mixture). Mix well until combined.
5. Place paper baking cups in muffin tin or lightly coat muffin tin with cooking spray. Fill muffin cups ¾ full of batter.
6. Bake 20-22 minutes, until golden brown. Remove cupcakes from muffin tin and place on a rack to cool.

## Nutritional information for 1 cupcake

- Calories—211
- Total fat—10 g
- Saturated fat—2 g
- Cholesterol—31 mg
- Sodium—203 mg
- Total carbohydrate—29 g
- Dietary fiber—1 g
- Total sugars—15 g
- Added sugars included—12 g
- Protein—3 g



# March 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Fitness Trackers 101

Are you getting your steps in? Many people take as few as 1,000 to 3,000 steps per day, far below the recommended daily average of 8,000 to 10,000 steps. Fitness trackers are becoming popular as more people make an effort to lead active lifestyles.

A fitness tracker is a wearable device that tracks your physical activity throughout the day. Most models are worn around the wrist and range in appearance from a simple wristband to a stylish watch. There are several options available depending on your budget and goals. In addition to counting steps, you can use a fitness tracker to monitor your heart rate, count calories and even track sleep. Wearing a fitness tracker to monitor your physical activity can help motivate you to be more active.

## 3 Diets to Help You Follow Federal Dietary Guidelines

The federal dietary guidelines focus on the prevention of diet-related chronic diseases instead of just weight management alone. Here are three suggested diets designed around the guidelines to help make them more user-friendly:

- **Healthy American diet:** A healthier version of what people in the United States typically consume, it suggests 2.5 cups of vegetables, 2 cups of fruit, 6 ounces of grain, 3 cups of dairy and 5.5 ounces of protein daily.
- **Mediterranean diet:** Heavy on protein and fruits while light on dairy, this diet suggests 6.5 ounces of protein, 2.5 cups of fruit and 2 cups of dairy daily. Like the Healthy American diet, it also suggests 2.5 cups of vegetables and 6 ounces of grain daily.
- **Vegetarian diet:** This diet only suggests 3.5 ounces of protein daily. To replace meat and seafood, it prescribes 7 ounces of nuts and seeds, as well as 8 ounces of tofu and other soy products. It also recommends 2.5 cups of vegetables, 2 cups of fruit and 6.5 ounces of grain.

\*Above examples are based on a 2,000 calorie diet.

# Week of: March 3–March 9

## Tip of the Week

Don't forget about your rest days. While you don't have to skip working out altogether, these days should be minimal impact or activity to give your body time to recover. Take a walk. Do a gentle yoga class. Just do something that's less intense than what you do for exercise the other six days of the week.

## Goals or To-do List

Sunday	3
Monday	4
Tuesday	5
Wednesday	6
Thursday	7
Friday	8
Saturday	9

# Week of: March 10–March 16

## Tip of the Week

Stay hydrated. Sadly, most people don't drink enough water, and it's so simple to keep a water bottle on hand or eat more foods that contain a lot of water. Drinking lots of water helps flush out fat and toxins from your body.

## Goals or To-do List

Sunday	10
Monday	11
Tuesday	12
Wednesday	13
Thursday	14
Friday	15
Saturday	16

# Week of: March 17–March 23

## Tip of the Week

Most importantly, don't get discouraged. Everyone has their off-days, and just because you have one bad day doesn't mean that you have to give up or overcompensate by starving yourself the next day or pushing yourself too hard in the gym.

## Goals or To-do List

Sunday	17
Monday	18
Tuesday	19
Wednesday	20
Thursday	21
Friday	22
Saturday	23



# Week of: March 24–March 30

## Tip of the Week

Add some muscle-building activities to your weekly workouts. Free weights, resistance bands, muscle sculpt classes or using your body weight with pushups, planks and squats all work.

## Goals or To-do List

Sunday	24
Monday	25
Tuesday	26
Wednesday	27
Thursday	28
Friday	29
Saturday	30

# Week of: March 31–April 6

## Tip of the Week

Celebrate small wins! Choose a way to celebrate that doesn't involve food. Buy a new workout outfit or pair of running shoes. Go to a spa for the day or get a pedicure. Or, share your success with friends.

## Goals or To-do List

Sunday	31
Monday	1
Tuesday	2
Wednesday	3
Thursday	4
Friday	5
Saturday	6



# Cheesy Swiss Steak

Makes: 8 servings

## Ingredients

- 2 pounds beef round roast (1-inch thick)
- ¼ cup flour
- ½ tsp. salt
- 2 carrots (chopped)
- ¼ cup onion (chopped)
- ½ tsp. Worcestershire sauce
- 1 8-ounce can tomato sauce
- ½ cup American cheese (shredded)

## Directions

1. Cut the beef roast into four pieces.
2. In a small bowl, mix the flour and salt.
3. Dip each piece of meat into the mix of flour and salt. Coat it on all sides with the mix.
4. Put the meat in the slow cooker.
5. Add the chopped carrots and onion.
6. Add the Worcestershire sauce and tomato sauce.
7. Cover and cook on low for 8 to 10 hours, or on high for 4 to 5 hours.
8. Just before serving, sprinkle the cheese on top.

## Nutritional information for ¼ recipe

- Calories—186
- Total fat—8 g
- Saturated fat—3 g
- Cholesterol—62 mg
- Sodium—391 mg
- Total carbohydrate—8 g
- Dietary fiber—1 g
- Total sugars—3 g
- Added sugars included—0 g
- Protein—21 g



# Wheat Berry Chili

Makes: 8 servings

## Ingredients

- 1 cup wheat berries
- 3 cups water
- 1 large onion (chopped)
- ½ green pepper (chopped)
- ½ yellow pepper (chopped)
- 4 tsp. chili powder
- ¼ tsp. hot pepper sauce
- ⅛ tsp. black pepper
- 1 8-ounce unsalted tomato sauce
- 2 cans diced tomatoes
- 2 cups reduced-sodium beef broth
- 1 can unsalted kidney beans
- 1 can unsalted white beans

## Nutritional Information for 1 serving

- Calories—205
- Total fat—1 g
- Saturated fat—0 g
- Cholesterol—1 mg
- Sodium—194 mg
- Total carbohydrate—56 g
- Dietary fiber—10 g
- Total sugars—7 g
- Added sugars included—0 g
- Protein—15 g

## Directions

1. Cook wheat berries in 3 cups of water for one hour until tender; add more water if necessary and drain.
2. Rinse with cool water and drain thoroughly.
3. In the microwave on medium heat, cook onion and peppers for one minute, or until desired softness.
4. In a four-quart pot, combine remaining ingredients with wheat berries and microwaved vegetables.
5. On stovetop, bring to a boil and simmer uncovered for one hour or until desired consistency is reached, stirring occasionally.





# April 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## Alleviate Spring Allergies

Allergy season is already upon us in certain parts of the United States. Keep the following tips in mind if you are affected by seasonal allergies when spring arrives in your area:

- Take off your shoes as soon as you get home and leave them by the door. This will reduce the number of pollutants inside your home.
- Avoid going outdoors when the pollen count is high, which is typically during hot, dry and windy days.
- Do some spring cleaning. Dust accumulated indoors over the course of the winter can sometimes be worse than outdoor allergies.

## Don't Let a Bad Day Get You Down

Life is full of unexpected frustrations. Running late, spilling coffee on yourself or getting into an argument can start your day off on the wrong foot. The good news is that you can control your mood and prevent these obstacles from ruining your entire day.

The most important thing you can do is to focus on the positive. Studies show that when you're positive, you have 23 percent fewer health-related effects from stress, you're 31 percent more productive, you're 40 percent more likely to receive a promotion and your creativity levels triple.

Here are a few ways to turn a bad day around:

- Pinpoint the concrete reason for your frustration and address it immediately.
- Write down or recite three things you are grateful for.
- Choose **not** to be a victim of your frustration. Make a conscious effort to be positive.
- Set realistic expectations for your day.



# Week of: April 7–April 13

Tip of the Week

View each day as a clean slate. To practice self-compassion means ditching beating yourself up at the slightest transgression.

Goals or To-do List

Sunday 7

Monday 8

Tuesday 9

Wednesday 10

Thursday 11

Friday 12

Saturday 13

# Week of: April 14–April 20

## Tip of the Week

Schedule exercise like an appointment. Life can get in the way of exercising regularly. An easy way to prevent this from happening is to write down exactly when you are going to work out in your calendar or planner.

## Goals or To-do List

Sunday	14
Monday	15
Tuesday	16
Wednesday	17
Thursday	18
Friday	19
Saturday	20

# Week of: April 21–April 27

## Tip of the Week

Shop the perimeter of your grocery store where food tends to be the healthiest and isn't primarily packaged and processed.

## Goals or To-do List

Sunday	21
Monday	22
Tuesday	23
Wednesday	24
Thursday	25
Friday	26
Saturday	27

# Week of: April 28–May 4

## Tip of the Week

Treat yourself! A pizza or a cupcake every now and then isn't going to totally derail your diet and exercise routine; it just has to be done in moderation. Consider adding a "cheat meal" or a "treat meal" to your eating plan once a week where you indulge your unhealthy cravings to help you stay on track.

## Goals or To-do List

Sunday	28
Monday	29
Tuesday	30
Wednesday	1
Thursday	2
Friday	3
Saturday	4





# Crunchy Hawaiian Chicken Wrap

Makes: 6 servings

## Ingredients

- ¼ cup light mayonnaise
- ⅓ cup white vinegar
- ¼ cup sugar
- 1 tsp. poppy seeds
- 1 ½ tsp. garlic powder
- 1 ½ tsp. onion powder
- 1 ½ tsp. chili powder
- 2 cups fresh broccoli (shredded)
- 1 ½ cups fresh carrots (shredded)
- ¼ cup canned crushed pineapple (drained)
- 1 cup fresh baby spinach (chopped)
- 3 cups cooked chicken (diced)
- 6 10-inch whole-wheat tortillas

## Directions

1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder and chili powder for the dressing. Mix well. Cover and refrigerate.
2. Combine broccoli, carrots, pineapple and spinach in a large bowl. Stir in dressing and add chicken. Mix well.
3. For each wrap, place ⅓ cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

## Nutritional Information for 1 serving

- Calories—308
- Total fat—6 g
- Saturated fat—2 g
- Cholesterol—53 mg
- Sodium—408 mg
- Total carbohydrate—42 g
- Dietary fiber—5 g
- Total sugars—N/A
- Added sugars included—N/A
- Protein—24 g



# Braised Chicken Thighs with Spinach

Makes: 4 servings

## Ingredients

- 4 6-ounce bone in chicken thighs (skin removed)
- 1 tsp. vegetable oil
- 1 tsp. salt
- ½ tsp. black pepper
- 1 small yellow onion (peeled and chopped)
- 3 cloves garlic (peeled and minced)
- 1 tsp. dried thyme
- ½ tsp. dried rosemary
- 1 cup water
- 1 package 10-ounce frozen spinach (or 1 bunch fresh spinach)

## Directions

1. Heat skillet over medium-high heat. Add 1 tsp. oil. Add chicken, top side down. Cook about 8 minutes on each side, or until deeply browned. Remove the chicken to a dinner plate and set aside.
2. Reheat skillet over medium heat. Add the onion, garlic, thyme and rosemary. Cook about 5 minutes, until the onion is soft and golden. Return the chicken to the pan.
3. Add the water and cover. Continue cooking for about 30 minutes.
4. Add frozen spinach and cook for about 10 minutes. Or, add the fresh spinach and cook about 2 minutes, until it wilts. Serve right away.

## Nutritional Information for 1 serving

- Calories—185
- Total fat—8 g
- Saturated fat—2 g
- Cholesterol—112 mg
- Sodium—423 mg
- Total carbohydrate—5 g
- Dietary fiber—2 g
- Total sugars—1 g
- Added sugars included—0 g
- Protein—22 g





# May 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Choose Your Sunscreen Wisely

Consumer Reports (CR) tests of more than 70 sunscreen products—including lotions, sprays, sticks and lip balm—shine a new light on how protective their sun protection factor (SPF) really is. The sunscreens CR tested had a listed SPF of at least 30 and were marketed as water-resistant.

The results are shocking. Nearly one-third of all the sunscreens that CR examined tested at less than half their labeled SPF number. So, while you're still getting some protection from those sunscreens, you're not getting as much protection as you think you are. When shopping for sunscreens this year, look at the ingredients list. CR recommends using sunscreens with active chemical ingredients like avobenzone and ecamsule, as these performed better during testing than those with natural ingredients like zinc oxide.

## A Breath of Fresh Air

Cigarette smoking is a life-threatening habit, decried by every major health organization across the globe. The tobacco epidemic is so pervasive that the World Health Organization (WHO) supports World No Tobacco Day, held annually on May 31. This day is meant to "demonstrate the threats that the tobacco industry poses to the sustainable development of all countries," according to the WHO website.

The largest threat comes from preventable deaths, with about 6 million people dying each year from tobacco use. Do your part to help curb tobacco consumption with these cessation tips:

- Think of the innumerable benefits to quitting, like saving more money, lowering your cancer risks and feeling healthier overall.
- Think about when you smoke and why you smoke—keep track of when you light up. Identifying your triggers can help you prepare to quit.
- If you are using medication to help you quit, make sure to follow the instructions carefully.

# Week of: May 5–May 11

## Tip of the Week

Eat monounsaturated fatty acids (MUFAs). MUFAs are good-for-you fats that promote heart health and can help reduce belly fat. Avocados, nuts, seeds, olive oil, olives and dark chocolate are all MUFAs.

## Goals or To-do List

Sunday	5
Monday	6
Tuesday	7
Wednesday	8
Thursday	9
Friday	10
Saturday	11

# Week of: May 12–May 18

## Tip of the Week

Use consistency to compound your results. It’s not what you do once in a while that counts, it’s what you do each day. Approach each day as an opportunity to be consistent with healthy habits.

Goals or To-do List	Sunday	12
	Monday	13
	Tuesday	14
	Wednesday	15
	Thursday	16
	Friday	17
	Saturday	18



# Week of: May 19–May 25

## Tip of the Week

Cross-train. You still want cardiovascular exercise to stay in the schedule, but change the activity you are doing. Try a new cardio class at the gym or community center once a week. Hop on an elliptical cross-trainer. Step into the world of biking if your feet are always on the ground. Anything different is going to be good.

## Goals or To-do List

Sunday	19
Monday	20
Tuesday	21
Wednesday	22
Thursday	23
Friday	24
Saturday	25

# Week of: May 26–June 1

## Tip of the Week

Invest in a high-density foam muscle roller. Also known as “myofascial release,” foam rolling is an easy way to benefit your entire body. This leads to tension- and pain-free muscles, which function better so you perform better. Be sure to roll for five minutes before your workout.

## Goals or To-do List

Sunday	26
Monday	27
Tuesday	28
Wednesday	29
Thursday	30
Friday	31
Saturday	1



# Curried Potatoes

Makes: 6 servings

## Ingredients

- ¼ cup butter
- 1 onion (finely chopped)
- 3 cups potatoes (cubed)
- ¾ cup chicken broth
- ½ Tbsp. curry powder
- ½ Tbsp. lemon juice

## Directions

1. Boil the potatoes in a medium saucepan until they are fork-tender. Drain off the hot water. Transfer potatoes to a bowl of ice water.
2. Melt the butter in a frying pan or skillet over medium heat.
3. Cook the onion in the butter until it turns yellow.
4. Drain the water from the potatoes and add them to the frying pan. Stir and cook until the potatoes absorb the butter.
5. Add the broth, curry powder and lemon juice.
6. Cook until the potatoes have absorbed the broth.

## Nutritional information for ½ cup prepared potatoes

- Calories—132
- Total fat—8 g
- Saturated fat—1 g
- Cholesterol—0 mg
- Sodium—116 mg
- Total carbohydrate—15 g
- Dietary fiber—2 g
- Total sugars—1 g
- Added sugars included—0 g
- Protein—2 g



# Simple Tomato Salad

Makes: 4 servings

## Ingredients

- 3 tomatoes (sliced)
- 2 Tbsp. vegetable oil
- 2 tsp. lemon juice
- $\frac{1}{8}$  tsp. black pepper
- $\frac{1}{2}$  cup reduced-fat cheddar cheese (shredded)

## Directions

1. Place tomatoes on a plate.
2. Drizzle with vegetable oil and lemon juice, and sprinkle with black pepper.
3. Top with cheese. Serve cold.

## Nutritional information for 1 serving

- Calories—100
- Total fat—8 g
- Saturated fat—2 g
- Cholesterol—N/A
- Sodium—60 mg
- Total carbohydrate—4 g
- Dietary fiber—1 g
- Total sugars—3 g
- Added sugars included—N/A
- Protein—3 g





# June 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

## Cook Out Safely

During the summer, stovetops and ovens get swapped for grills. It's important to not forget about food safety guidelines while grilling out:

- Don't cross-contaminate. Keep raw and cooked foods separate by not using the same platters or utensils.
- Cook your food thoroughly. Cooking on a grill often results in quicker browning of the meat on the outside, but the inside typically remains raw. Use a food thermometer to ensure your meat is cooked properly.
  - All raw beef, pork, lamb and veal steaks, chops and roasts should be cooked to a minimum internal temperature of 145 F.
  - All ground beef, pork, lamb and veal should be cooked to a minimum internal temperature of 160 F.
  - Poultry should be cooked to a minimum internal temperature of 165 F.

## Calcium: Are You Getting Enough?

Calcium is the most abundant mineral in your body. Consuming enough calcium is critical for keeping your bones and teeth strong, and for maintaining the function of your nerves, heart and muscles.

Failing to get enough calcium can stunt children's growth and can increase the risk of developing osteoporosis. The current recommended dietary allowance (RDA) by age group is as follows:

- 1-3 years—700 mg daily
- 4-8 years—1,000 mg daily
- 9-18 years—1,300 mg daily
- 19-50 years—1,000 mg daily
- 51-70 years—1,000 mg daily (men) and 1,200 mg daily (women)

# Week of: June 2–June 8

## Tip of the Week

Use Sundays as prep days to eat healthy all week. Get enough produce and staple foods needed for the week. Make double or triple portions of your meal and freeze the extra for future use.

## Goals or To-do List

Sunday	2
Monday	3
Tuesday	4
Wednesday	5
Thursday	6
Friday	7
Saturday	8



# Week of: June 9–June 15

## Tip of the Week

Put yourself first. If you neglect yourself for the sake of external problems, you will be creating more problems than you are solving. Do something—however small—for yourself each day. Even if you only devote 30 minutes to your health each day, or do 10 minutes of exercise at a time throughout your day.

## Goals or To-do List

Sunday	9
Monday	10
Tuesday	11
Wednesday	12
Thursday	13
Friday	14
Saturday	15

# Week of: June 16–June 22

## Tip of the Week

Eat mindfully. Pay attention to what you are eating. Ask yourself if you really are hungry or if something else is going on that’s causing you to turn to food.

## Goals or To-do List

Sunday	16
Monday	17
Tuesday	18
Wednesday	19
Thursday	20
Friday	21
Saturday	22

# Week of: June 23–June 29

## Tip of the Week

Be true to form. It doesn't matter how many pushups you can do in a minute if you're not doing a single one correctly. Perfect your technique, then later add weight and/or speed. This is especially important if your workout calls for performing “as many reps as possible” during a set amount of time. Choose quality over quantity, and you can stay injury-free.

## Goals or To-do List

Sunday	23
Monday	24
Tuesday	25
Wednesday	26
Thursday	27
Friday	28
Saturday	29

# Week of: June 30–July 6

## Tip of the Week

Watch the fruit—while it’s important to eat a diet rich in fruits and vegetables, you should be careful to not eat too much fruit. Fruits are high in sugar and carbs, so even though they’re sweet to eat, make sure you keep it in check.

## Goals or To-do List

Sunday	30
Monday	1
Tuesday	2
Wednesday	3
Thursday	4
Friday	5
Saturday	6



# Herbed Garden Pizza

**Makes: 4 servings**

## Ingredients

- 2 Tbsp. salt-free tomato, basil and garlic seasoning blend
- 2 Tbsp. olive oil
- 1 12-inch prebaked whole wheat thin pizza crust
- 4 Roma tomatoes (thinly sliced)
- 1 ½ cups cremini mushrooms (sliced)
- 2 cups baby spinach
- ½ cup red onion (thinly sliced)
- ¾ cup shredded fat-free mozzarella cheese

## Directions

1. Place rack in center of oven and preheat oven to 400 F.
2. In a small bowl, mix seasoning blend together with olive oil.
3. Place pizza crust on pizza pan. Brush pizza dough with olive oil blend and reserve remainder.
4. In a large mixing bowl, gently toss vegetables and remaining olive oil blend.
5. Spread coated vegetables evenly over pizza dough, leaving about ½-inch border around the edges. Top vegetables with shredded cheese.
6. Bake 10 minutes. Serve immediately.

## Nutritional information for 1 serving

- Calories—300
- Total fat—17 g
- Saturated fat—3 g
- Cholesterol—5 mg
- Sodium—300 mg
- Total carbohydrate—42 g
- Dietary fiber—8 g
- Total sugars—0 g
- Added sugars included—0 g
- Protein—10 g



# Angel Food Pastry with Fresh Berries

**Makes: 1 serving**

## Ingredients

- 3 Tbsp. angel food cake mix
- 2 Tbsp. low-fat vanilla yogurt
- 2 Tbsp. raspberries
- 2 strawberries (sliced)
- 1 ½ Tbsp. light whipped topping

## Directions

1. Scoop 3 Tbsp. of angel food cake mix into a microwave-safe cup or mug.
2. Add 2 Tbsp. of vanilla yogurt to mug and stir.
3. Place in the center of the microwave oven and microwave for 1 minute.
4. Take out of microwave and let cool for 1 minute.
5. Using a knife, cut around the sides of the cup to loosen the cake and "dump" it on a plate.
6. Dole 1 Tbsp. of whipped topping on top of the cake.
7. Sprinkle raspberries around the angel cake and add sliced strawberries to top.
8. Enjoy.

## Nutritional information for 1 serving

- Calories—161
- Total fat—2 g
- Saturated fat—1 g
- Cholesterol—2 mg
- Sodium—259 mg
- Total carbohydrate—34 g
- Dietary fiber—2 g
- Total sugars—25 g
- Added sugars included—10 g
- Protein—4 g



# July 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Don't Let Ticks Ruin Your Summer

The warm summer months mean you'll likely be spending more time outside. Unfortunately, summer is the season when ticks are the most active, putting you at a higher risk for tick-borne illnesses. The best way to avoid contracting a tick-borne disease is to practice proper preventive measures, which include the following:

- Wear light-colored clothing, including long-sleeved shirts and pants when in wooded areas, and tuck pant legs into socks or boots. Keep long hair tied back.
- Wash your body and clothing after all outdoor activities.
- Look periodically for ticks if you have been outdoors, especially if you have been in wooded areas or gardens.
- Remove ticks within 24 hours to greatly reduce the risk of contracting disease.
- Talk with your veterinarian about tick repellent for your pet.
- Check your pet's coat if it has been in a possible tick-infested area.

## Shop Seasonal This Summer

The U.S. Office of Disease Prevention and Health Promotion recommends that you consume at least two servings of fruit and three servings of vegetables each day. Although this varies by age, sex and level of physical activity, it is a good recommendation to live by to build a healthy dietary base.

One great way to add variety to your diet and to make sure you are eating enough fruits and vegetables is to look for seasonal produce. Additionally, choosing in-season produce can help save you money, as the abundance of the fruit or vegetable typically makes it less expensive.

This summer, be mindful of what fruits and vegetables are in season near you. Click [here](#) to view a list of year-round, winter, spring, summer and fall produce options.



# Week of: July 7–July 13

## Tip of the Week

Change up your workout. Create a challenge every time you exercise. Use a little more weight, rest five to 10 seconds less between sets, add a few more reps or do another set. Incorporating these small variations into your routine is a recipe for change.

## Goals or To-do List

Sunday	7
Monday	8
Tuesday	9
Wednesday	10
Thursday	11
Friday	12
Saturday	13

# Week of: July 14–July 20

## Tip of the Week

Swap a bad decision with a good one. If you have a giant plate of pasta or a big donut—whatever your splurge may be—connect it to exercise. The bigger your splurge, the bigger your workout.

## Goals or To-do List

Sunday	14
Monday	15
Tuesday	16
Wednesday	17
Thursday	18
Friday	19
Saturday	20

# Week of: July 21–July 27

## Tip of the Week

Sign up for a 5K to motivate you to train. Plus, you just may find out that the energy of the supportive crowds motivates you to keep jogging long after the race.

## Goals or To-do List

Sunday	21
Monday	22
Tuesday	23
Wednesday	24
Thursday	25
Friday	26
Saturday	27

# Week of: July 28–Aug. 3

## Tip of the Week

Savor the season. Eating fruits and veggies that are in season means that they will likely be from local sources, cheaper and more flavorful.

## Goals or To-do List

Sunday	28
Monday	29
Tuesday	30
Wednesday	31
Thursday	1
Friday	2
Saturday	3





# Grilled Veggie Packets

**Makes: 5 servings**

## Ingredients

- 2 zucchini (sliced)
- 2 yellow squash (sliced)
- 4 red potatoes (scrubbed well and sliced)
- ½ red onion (sliced)
- ½ bell pepper (red or green, seeded and sliced)
- ¼ cup light Italian salad dressing
- Salt and pepper (optional, to taste)

## Directions

1. Heat grill to medium heat or 350 F.
2. Wash vegetables and slice.
3. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
4. Tear two large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.
5. Place on heated grill for 20-30 minutes or until the potatoes are tender. If you don't have a grill, bake veggie packets in the oven at 400 F for 20-30 minutes.
6. Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you.
7. Empty vegetables onto serving plate or serve from foil packets.

## Nutritional information for 1 serving

- Calories—133
- Total fat—0 g
- Saturated fat—0 g
- Cholesterol—0 mg
- Sodium—144 mg
- Total carbohydrate—29 g
- Dietary fiber—4 g
- Total sugars—5 g
- Added sugars included—0 g
- Protein—4 g



# Quick Skillet Lasagna

**Makes: 7 servings**

## Ingredients

- 1 ½ cup onion (chopped)
- ½ pound ground beef (90 percent lean)
- 1 14.5-ounce can tomatoes
- ¾ cup tomato paste
- 1 ½ cups water
- 1 tsp. garlic powder
- 2 cups egg noodles (cooked)
- ¾ cup low-fat cottage cheese
- ¼ cup Parmesan cheese

## Directions

1. Cook beef and onion in the frying pan until beef is brown and onion is tender. Drain off excess fat.
2. Add tomatoes, tomato paste, water and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes.
3. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
4. Mix cheeses and drop by the spoonful into the frying pan.
5. Cover and heat over low heat about 5 minutes.
6. Refrigerate leftovers.

## Nutritional information for 1 cup prepared lasagna

- Calories—182
- Total fat—5 g
- Saturated fat—2 g
- Cholesterol—25 mg
- Sodium—236 mg
- Total carbohydrate—22 g
- Dietary fiber—3 g
- Total sugars—7 g
- Added sugars included—0 g
- Protein—14 g



# August 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Don't Let Dehydration Get You Down

Dehydration may seem like a minor ailment, but it can be quite dangerous. In fact, millions of people worldwide—many of them infants and older adults—die of dehydration each year. Preventing dehydration sounds easy enough: consume plenty of fluids and foods high in water content, like fruits and vegetables. However, how much fluid do you really need? Determining your appropriate water intake is not an exact science, as much depends on age, physical condition, activity level, environment and individual physiology.

The best recommendation is to simply make a conscious effort to stay hydrated. In addition, make water your beverage of choice! Try drinking water with every meal and between meals. Take water breaks instead of coffee or tea breaks, and substitute sparkling water for alcohol.

## Avoid These Foods When You're Out to Eat

Though it may seem like an impossible feat, you can still maintain your diet while enjoying a meal out with friends and family. There are many foods full of excess fat and calories that can destroy your healthy diet. Steer clear of these foods while dining out:

- Condiments such as salad dressings, cheese sauces, tartar sauce, gravy and guacamole
- Butter and cheese
- Fried foods such as chicken or french fries
- Beverages such as regular soda, whole milk and various alcoholic drinks

# Week of: Aug. 4–Aug. 10

## Tip of the Week

Don't try fads and gimmicks. If it sounds too good to be true, it probably is. Losing weight takes time and hard work, but you can do it.

## Goals or To-do List

Sunday	4
Monday	5
Tuesday	6
Wednesday	7
Thursday	8
Friday	9
Saturday	10

# Week of: Aug. 11–Aug. 17

## Tip of the Week

Be prepared for the morning frenzy. Freeze a few fruit smoothies to grab on the way out the door in the early mornings.

## Goals or To-do List

Sunday	11
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Monday	12
--------	----

Tuesday	13
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Wednesday	14
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Thursday	15
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Friday	16
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Saturday	17
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# Week of: Aug. 18–Aug. 24

## Tip of the Week

Circuit training helps you burn calories and increase muscle. Circuit style workouts supercharge your metabolism and help you shed pounds. By getting your heart rate up and working each muscle group, you can create a lean and sleek physique.

## Goals or To-do List

Sunday	18
Monday	19
Tuesday	20
Wednesday	21
Thursday	22
Friday	23
Saturday	24

# Week of: Aug. 25–Aug. 31

## Tip of the Week

Don't overdo it on cocktails. The average margarita contains almost 800 calories (yikes!). Liquid calories add up fast, so try to choose a cocktail wisely. Opt for something like a vodka soda, gin and tonic, or other low-calorie options, and make sure to limit the number of drinks you have so that you stay on track.

## Goals or To-do List

Sunday	25
Monday	26
Tuesday	27
Wednesday	28
Thursday	29
Friday	30
Saturday	31



# Brown Rice Pilaf

Makes: 4 servings

## Ingredients

- 1 ½ cups brown rice
- 3 cups water
- ¼ cup almonds (chopped)
- ½ tsp. garlic powder
- ¼ tsp. black pepper

## Directions

1. Place all ingredients in a rice cooker and cook until the water evaporates, about 30 minutes.
2. Fluff cooked rice with a fork.

## Nutritional information for 1 cup prepared pilaf

- Calories—320
- Total fat—8 g
- Saturated fat—1 g
- Cholesterol—0 mg
- Sodium—53 mg
- Total carbohydrate—56 g
- Dietary fiber—5 g
- Total sugars—1 g
- Added sugars included—0 g
- Protein—8 g



# Cauliflower Shells with Cheese

Makes: 7 servings

## Ingredients

- 1 pound whole-wheat pasta shells
- 8 cups water
- 2 cups cauliflower (chopped)
- 1 ½ cups nonfat milk
- 1 tsp. garlic salt
- 1 cup flour
- ¼ cup vegetable oil
- 1 cup low-fat cheese

## Directions

1. Fill 1 pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes.
2. Drain pasta and fill the same pot with 2 cups of water, bring to a boil.
3. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
4. Place the cooked cauliflower, ½ cup milk and garlic salt in a blender and blend until smooth.
5. In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook the mixture until it bubbles and thickens. Add the cheese and cauliflower and mix.
6. Once the mixture is complete, remove from heat. Add the pasta back into the sauce and serve.

## Nutritional information for 1 serving

- Calories—408
- Total fat—10 g
- Saturated fat—2 g
- Cholesterol—6 mg
- Sodium—233 mg
- Total carbohydrate—66 g
- Dietary fiber—6 g
- Total sugars—5 g
- Added sugars included—0 g
- Protein—18 g





# September 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## Pull Out Your Lunch Bag to Save Money and Stay Healthy

Eating out can be a quick and easy lunchtime solution during busy workdays, but that convenience comes at a cost. Many fast food options are low in nutrients and high in empty calories. Luckily, a little planning goes a long way, and you don’t need to spend a lot of extra time planning and packing healthy lunches for work.

A salad or sandwich can be prepared in just a few minutes the night before. When preparing a salad, be sure to pack the dressing separately so the lettuce doesn’t get soggy. To make a healthy and filling sandwich, use hearty whole-grain bread, and focus on combining a variety of vegetables with lean protein. And, don’t forget to bring a snack, such as an apple, in case you become hungry later.

## Get Back into Your Routine with Breakfast

Transitioning from summer to fall can be tough. Whether you spent the summer traveling and enjoying the outdoors and are returning to a regular work schedule, or you’re a parent trying to get your kids adjusted to a school schedule, it’s not fun or easy. Making eating breakfast a staple in your morning routine can offer structure in addition to setting you up for a focused, productive day.

Eating breakfast helps to control snacking and binge eating throughout the day. Typically, when one skips breakfast, hunger takes control, leading to unwise food choices later in the day—including excessive calorie intake. In addition, studies have shown kids who skip breakfast are twice as likely to be overweight.

A “balanced” breakfast should include a substantial amount of fiber (which can include fruit or vegetables), low- or nonfat dairy, whole grains and some lean protein. A good breakfast might be a high-fiber fortified cereal with milk, eggs, and an apple or orange. This breakfast alone provides the essential vitamins B, C and D, calcium, folic acid, protein and iron.



# Week of: Sept. 1–Sept. 7

## Tip of the Week

Don't focus on the number on the scale. A more accurate gauge of how you are managing your weight than your scale is to put on those jeans in your closet. Your weight can vary depending on the time of the month, hormones, sodium intake and other factors.

## Goals or To-do List

Sunday	1
Monday	2
Tuesday	3
Wednesday	4
Thursday	5
Friday	6
Saturday	7

# Week of: Sept. 8–Sept. 14

## Tip of the Week

Be sneaky! Trick your mind by eating meals off of smaller plates. This will give the illusion that you are eating more than you actually are and can help you feel fuller quicker.

## Goals or To-do List

Sunday 8

Monday 9

Tuesday 10

Wednesday 11

Thursday 12

Friday 13

Saturday 14

# Week of: Sept. 15–Sept. 21

## Tip of the Week

Never skip the most important meal—your post-workout meal. Consuming a combination of 10 to 15 grams of protein and 20 to 30 grams of carbohydrates within 30 minutes of your workout will help to refuel your body, promote muscle recovery, amp up your energy and build a leaner physique.

Goals or To-do List	Sunday	15
	Monday	16
	Tuesday	17
	Wednesday	18
	Thursday	19
	Friday	20
	Saturday	21

# Week of: Sept. 22–Sept. 28

## Tip of the Week

Have healthy snacks on-hand at all times. Put healthy snacks like baby carrots, a handful of almonds or sliced apples in pre-portioned baggies and carry them with you to avoid going through the drive-thru in hunger desperation.

## Goals or To-do List

Sunday	22
Monday	23
Tuesday	24
Wednesday	25
Thursday	26
Friday	27
Saturday	28

# Week of: Sept. 29–Oct. 5

## Tip of the Week

Make a list of positive affirmations that work for you. Here’s a few to get you started: I love to exercise. I want to live a healthy life and eat real healthy foods. I am strong. I am getting more fit each day.

## Goals or To-do List

Sunday	29
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Monday	30
--------	----

Tuesday	1
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Wednesday	2
-----------	---

Thursday	3
----------	---

Friday	4
--------	---

Saturday	5
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# Gingery Quinoa with Green Beans

**Makes: 4 servings**

## Ingredients

- 1 cup quinoa
- 1 ½ cups water or broth
- 2 cups green beans
- 2 ½ Tbsp. lemon juice
- 1 Tbsp. olive oil or cooking oil
- 1 Tbsp. sesame oil
- 2 Tbsp. reduced-sodium soy sauce
- ¼ tsp. ginger (ground)

## Directions

1. Toast quinoa in a dry skillet over medium heat, stirring constantly for about 3 minutes.
2. Put quinoa in a medium pot and add water or broth.
3. Bring to a boil, then let simmer until all of the water is absorbed and quinoa is tender (10-20 minutes).
4. Set aside and leave uncovered to cool.
5. While quinoa is cooling, microwave the green beans until just tender.
6. Rinse in cold water to stop the cooking process.
7. In a large bowl, combine the quinoa, olive oil or cooking oil, sesame oil, green beans, lemon juice, soy sauce and fresh or ground ginger. Stir well.
8. Season with salt and pepper.
9. Serve at room temperature.

## Nutritional information for 1 serving

- Calories—239
- Total fat—9 g
- Saturated fat—1 g
- Cholesterol—0 mg
- Sodium—486 mg
- Total carbohydrate—33 g
- Dietary fiber—6 g
- Total sugars—2 g
- Added sugars included—0 g
- Protein—7 g



# Spinach Frittata

**Makes: 6 servings**

## Ingredients

- 5 cups fresh spinach
- 1 cup fresh flat-leaf parsley leaves
- 1 cup fresh cilantro leaves
- 3 spring onions (ends trimmed)
- 6 large eggs
- 3 Tbsp. almond or whole-wheat flour
- 2 Tbsp. olive oil
- 2 small boiling potatoes (peeled, cubed and cooked)
- ¼ cup grated Parmesan cheese
- Salt
- Ground black pepper

## Directions

1. In a food processor, chop the spinach, parsley, cilantro and spring onions. (Note: If you do not have a food processor, chop the ingredients by hand.)
2. In a medium-sized bowl, beat the eggs. Add the almond flour (or whole-wheat flour) and season generously with salt and pepper. Add the chopped spinach mixture and stir to combine.
3. In a large sauté pan, heat the olive oil over a medium heat. Once warm, pour the egg mixture into the pan and then spread the cooked potato cubes evenly over the mixture. Season with additional salt and pepper.
4. Reduce the heat to low, cover the pan and cook until the underside is golden brown, about 10 minutes.
5. Cut the frittata into sixths and flip each one over. Cover and cook until the frittata is firm and the potatoes are tender, about another 10 minutes. During the last few minutes of cooking, sprinkle the frittata with the Parmesan cheese.
6. Serve hot with salsa on the side or cold on sandwich bread. (Note: Nutritional facts are for the frittata only.)

## Nutritional information for 1 serving

- Calories—250
- Total fat—13 g
- Saturated fat—4 g
- Cholesterol—214 mg
- Sodium—264 mg
- Total carbohydrates—20 g
- Dietary fiber—3 g
- Total sugars—1 g
- Added sugars included—0 g
- Protein—13 g





# October 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## Have a Healthy Halloween

Even if you're not a parent, Halloween is an exciting time of the year. It's also a tempting time of the year. From festively spooky cocktails to sugary treats, it's difficult to stay on track during this holiday. But Halloween is actually a great time of year to begin practicing balance and mindfulness when it comes to eating, since it's the official kickoff of the holiday season.

- Watch calories and portion size. It's so tempting to eat king-sized candy bars, but opting for the smaller snack-sized versions can keep your calories in check.
- Don't buy candy too early. Unless you have extremely good willpower, avoid buying your Halloween candy until just before the holiday. Having it in your house for days or even weeks on end can lead you down a path of eating a whole 10-pound bag before you know it.
- Be careful to not overdo your celebrations. Going to Halloween parties can be fun, but overindulging in themed cocktails, party food and candy can derail your diet plan and may throw off your workout regimen if you're partying too hard.

## Get Ahead of the Flu

Flu season typically runs from October to May. However, most flu cases occur between December and February. That's why the CDC is strongly recommending that you get vaccinated as early as possible.

Each year, the Food and Drug Administration works with the World Health Organization to create a vaccination that contains three or four different strains of the flu. Most of the shots available provide protection against four different flu strains. The CDC recommends that everyone older than 6 months should get the flu vaccine.

You can get vaccinated against the flu at your doctor's office, in a clinic or pharmacy, and sometimes, at your employer. Some urgent care clinics or local health departments will provide flu vaccines as well. Visit the [HealthMap Vaccine Finder](#) to locate where you can get a flu vaccine.

# Week of: Oct. 6–Oct. 12

## Tip of the Week

It’s not too early to think about flu prevention. Flu vaccinations are typically available by October and the U.S. Centers for Disease Control and Prevention urges everyone older than 6 months to get vaccinated as early as October.

## Goals or To-do List

Sunday	6
Monday	7
Tuesday	8
Wednesday	9
Thursday	10
Friday	11
Saturday	12

# Week of: Oct. 13–Oct. 19

## Tip of the Week

Follow the 80/20 rule. Eat healthy 80 percent of the time. Indulge occasionally, but make sure most of your choices are healthy.

## Goals or To-do List

Sunday	13
Monday	14
Tuesday	15
Wednesday	16
Thursday	17
Friday	18
Saturday	19



# Week of: Oct. 20–Oct. 26

## Tip of the Week

Remember, protein is your best friend. Protein fills you up faster than carbs do, making it less likely that you’ll overeat. It also helps rebuild muscles and increase fat burning.

## Goals or To-do List

Sunday	20
Monday	21
Tuesday	22
Wednesday	23
Thursday	24
Friday	25
Saturday	26

# Week of: Oct. 27–Nov. 2

## Tip of the Week

Eat alkaline-promoting foods. Research suggests that eating too many acidic foods can damage our lungs and kidneys. Balance out the acidity with foods like root and cruciferous vegetables, garlic and cayenne pepper.

## Goals or To-do List

Sunday	27
Monday	28
Tuesday	29
Wednesday	30
Thursday	31
Friday	1
Saturday	2



# Corn and Pepper Cups

Makes: 10 servings

## Ingredients

- 5 green peppers (halved lengthwise)
- ½ small onion (chopped)
- 1 ½ garlic cloves (chopped)
- Olive oil
- 3 cups brown rice (cooked)
- 1 10 ½-ounce can diced tomatoes with chiles (undrained)
- ¾ 12-ounce can whole kernel corn (drained)
- ½ cup cheddar cheese (shredded)
- Nonstick cooking spray

## Directions

1. In a large pot, bring water to a boil.
2. Heat oven to 350 F.
3. Remove seeds from peppers. Cook peppers in boiling water for 2 to 3 minutes. Drain pot. Set peppers aside.
4. Heat a medium skillet over medium-high heat. Add enough olive oil to coat the bottom of the skillet.
5. Add onion and garlic to the skillet and cook for 3 minutes.
6. Combine rice, tomatoes, corn and onion. Mix well.
7. Coat baking sheets with nonstick cooking spray.
8. Spoon rice mixture into pepper halves. Place peppers on prepared baking sheets.
9. Bake peppers for 10 minutes, or until hot. Sprinkle with cheese.
10. Bake again for 5 minutes, or until cheese melts.
11. Serve hot.

## Nutritional information for 1 pepper cup

- Calories—118
- Total fat—3 g
- Saturated fat—1 g
- Cholesterol—6 mg
- Sodium—205 mg
- Total carbohydrates—21 g
- Dietary fiber—3 g
- Total sugars—3 g
- Added sugars included—0 g
- Protein—4 g



# Pocket Fruit Pies

**Makes: 4 servings**

## Ingredients

- 4 flour tortillas
- 2 peaches, pears or apples
- ¼ tsp. cinnamon
- 2 Tbsp. brown sugar (packed)
- ⅛ tsp. nutmeg
- 2 Tbsp. nonfat milk
- Turbinado sugar (optional)

## Directions

1. Heat oven to 350 F.
2. Warm tortillas in microwave to make them easier to handle.
3. Peel, core and chop fruit into pieces.
4. Divide fruit evenly between the four tortillas.
5. In a small bowl, combine brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
6. Roll up the tortillas.
7. Place on an ungreased baking sheet. Make small slashes on tortillas to allow steam to escape.
8. Brush tortillas with milk and, if desired, sprinkle with turbinado sugar.
9. Bake for 8 to 12 minutes, or until lightly brown.
10. Serve warm or cool.

## Nutritional information for 1 prepared pie

- Calories—218
- Total fat—4 g
- Saturated fat—1 g
- Cholesterol—0 mg
- Sodium—330 mg
- Total carbohydrates—41 g
- Dietary fiber—3 g
- Total sugars—14 g
- Added sugars included—6 g
- Protein—5 g





# November 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Plan Today for a Stress-free Holiday

While the holiday season brings joy and togetherness, it can also bring stress for many individuals and families. Top holiday stressors include staying on a budget, managing multiple commitments and finding the perfect gift. Fortunately, by getting organized and planning out what you can ahead of time, you can reduce your holiday stress.

- **Write down any known commitments.** Making a list of your commitments will help you plan your time and help you avoid double-booking yourself.
- **Create your budget now.** If you're stressed about how your holiday spending will impact you after the holidays are over, you're not alone. Set a realistic budget and don't go over it.
- **Start shopping early.** Do you already know what you want to get some people on your list? Don't be afraid to shop early. Sometimes, you can get great deals on presents even before the holiday season hits.

## Unplugging for the Holidays

Constant connection to technology and personal mobile devices can be fun and helpful—think text messages and GPS—but being tethered to your smartphone, laptop or tablet can also increase stress, lead to reduced physical activity and decrease your ability to focus on the people around you. Here are a few tips to help you unplug for the holidays (or at least reduce your screen time):

- Leave your cellphone and laptop in another room, or at least turn off notifications and temporarily delete social media apps to reduce temptation.
- Set a specific, limited amount of time when you can access your work email, if you absolutely must check in.
- Plan technology-free activities—try playing board games, going sledding or bike riding, baking cookies, reading a book or reviving an old hobby.



# Week of: Nov. 3–Nov. 9

## Tip of the Week

Hit the weights. Strength training is the best way to trim down, tone up and get into tip-top shape. Add two or three compound barbell lifts (such as a squat, deadlift or press) to your weekly training schedule and increase the weight used on each lift by two to five pounds a week.

## Goals or To-do List

Sunday	3
Monday	4
Tuesday	5
Wednesday	6
Thursday	7
Friday	8
Saturday	9

# Week of: Nov. 10–Nov. 16

## Tip of the Week

Go outdoors. A study by the National Institutes of Health found that people could burn up to 7 percent more calories outside in cooler weather.

## Goals or To-do List

Sunday	10
Monday	11
Tuesday	12
Wednesday	13
Thursday	14
Friday	15
Saturday	16

# Week of: Nov. 17–Nov. 23

## Tip of the Week

Incorporate jump-ropeing into your routine. Not only is it inexpensive, portable and easy-to-use almost anywhere, you'll burn about 200 calories in 20 minutes and boost your cardiovascular health while toning just by jumping rope.

## Goals or To-do List

Sunday	17
Monday	18
Tuesday	19
Wednesday	20
Thursday	21
Friday	22
Saturday	23

# Week of: Nov. 24–Nov. 30

## Tip of the Week

Sweat it out with others. Even if you are the most independent exerciser around, give a group fitness class a shot at least once a week—you may find that you enjoy it more than sweating solo.

## Goals or To-do List

Sunday 24

Monday 25

Tuesday 26

Wednesday 27

Thursday 28

Friday 29

Saturday 30



# Pot Roasted Beef

**Makes: 6 servings**

## Ingredients

- 1 pound beef round roast
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. vegetable oil
- 8 red potatoes (peeled, quartered)
- 2 turnips (peeled, quartered)
- ½ cup onion (chopped)
- ½ cup carrots (chopped)
- ½ cup low-sodium tomato juice

## Directions

1. Heat oven to 350 F.
2. Season the roast with salt and pepper.
3. In a large pan, brown the roast in the oil over medium to high heat for 10 to 12 minutes. Drain fat.
4. Use a large iron skillet or roasting pan. Put the roast in the middle of the pan. Add the potatoes, turnips, onions and carrots around the roast.
5. Pour the tomato juice over the roast and vegetables.
6. Cover the pan with a lid or foil and bake for one hour, or until potatoes are cooked.
7. If desired, cut roast into one-inch chunks. Mix and serve.

## Nutritional information for 1 ¼ cup

- Calories—327
- Total fat—3 g
- Saturated fat—1 g
- Cholesterol—31 mg
- Sodium—208 mg
- Total carbohydrates—51 g
- Dietary fiber—6 g
- Total sugars—6 g
- Added sugars included—N/A
- Protein—23 g



# Sweet Potato Hash with Egg

**Makes: 4 servings**

## Ingredients

- 4 cups sweet potatoes (cubed, about 2 large sweet potatoes)
- 1 cup water
- 1 Tbsp. and 1 tsp. vegetable oil (separated)
- 2 chicken sausage links
- 1 small yellow onion (diced)
- 1 bell pepper (diced)
- 2 cloves garlic (minced)
- 4 large eggs

## Directions

1. In a large skillet, combine sweet potatoes and water. Bring to a boil over a high heat.
2. Reduce heat to low and continue to cook until the sweet potatoes have absorbed the water, about 20 minutes. Stir occasionally.
3. Add 1 Tbsp. vegetable oil, chicken sausage, onion, bell pepper and garlic to the skillet. Cook for another 20 minutes, stirring occasionally, until the onion is lightly browned and the sweet potatoes are tender.
4. Remove from heat and divide the sweet potato mixture between four plates. Return skillet to stove.
5. Reheat the skillet over medium-high heat. Add the remaining 1 tsp. of vegetable oil once the pan is heated up.
6. Add the eggs to the skillet one at a time. Cook for about 3 to 5 minutes until the whites are solid and the yolks begin to thicken. Flip the egg and cook for one more minute.
7. Top each serving of sweet potato hash with one cooked egg and serve immediately.

## Nutritional information for 1 egg and serving of hash

- Calories—346
- Total fat—14 g
- Saturated fat—3 g
- Cholesterol—252 mg
- Sodium—405 mg
- Total carbohydrates—35 g
- Dietary fiber—6 g
- Total sugars—8 g
- Added sugars included—0 g
- Protein—20 g





# December 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## Wintertime Workouts

Whether you're in full-out hibernation mode or stressed out and busy from the holidays, your exercise routine might be one of the first casualties of the season. However, continuing your workouts throughout winter will help you stay energetic and healthy during the colder months of the year, and exercise might enable you to stave off that dreaded holiday weight gain.

Cold weather and busy holidays don't have to be an insurmountable obstacle for fitting in a workout. If you keep exercising during the holiday season, you'll feel better, stay healthier and be able to justify that extra dessert.

## Don't Drink Your Calories

Just like food, beverages may contain hidden calories, especially your favorite holiday drinks. The calories in beverages add up quickly and may be causing you to gain weight. By making a few changes to your beverage choices, you could be healthier this holiday season.

You don't have to entirely give up your favorite beverage in order to cut back on the calories you're consuming. Here are some tips on how to cut back without cutting something out of your diet completely:

- Request that your coffee drink be made with low-fat or skim milk instead of whole.
- Order the smallest size available, even if it's a child's size.
- Skip extra flavorings (vanilla, hazelnut or caramel)—they are sugar-sweetened and will add calories.
- Say no to whipped cream on top as it adds calories and fat.
- Ask for your smoothie without sugar added—the fruit is naturally sweet.

# Week of: Dec. 1–Dec. 7

## Tip of the Week

Don't sweat it if you can't get to the gym—the holidays are a hectic time and finding time to go to the gym might not be possible. However, the internet has hundreds of reliable websites that detail effective at-home workouts you can do—some of which are family-friendly!

## Goals or To-do List

Sunday	1
Monday	2
Tuesday	3
Wednesday	4
Thursday	5
Friday	6
Saturday	7

# Week of: Dec. 8–Dec. 14

## Tip of the Week

Sprint through the finish line—don't let up. When you're in the homestretch of your workout, kick it up a notch.

## Goals or To-do List

Sunday	8
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Monday	9
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Tuesday	10
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Wednesday	11
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Thursday	12
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Friday	13
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Saturday	14
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# Week of: Dec. 15–Dec. 21

## Tip of the Week

Never go to a holiday party hungry. Don't make the mistake of saving up your calories for the end of the day when you head to a party. When you are hungry, your portion control goes out the window.

## Goals or To-do List

Sunday	15
Monday	16
Tuesday	17
Wednesday	18
Thursday	19
Friday	20
Saturday	21

# Week of: Dec. 22–Dec. 28

## Tip of the Week

Take a progress picture and compare it to your “before” snap from months ago. Doing so will remind you how far you’ve come and give you motivation to stick to your plan through the holidays.

## Goals or To-do List

Sunday	22
Monday	23
Tuesday	24
Wednesday	25
Thursday	26
Friday	27
Saturday	28



# Week of: Dec. 29–Jan. 4

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## Tip of the Week

Reflect on all the progress you made in 2019 and get ready to set more goals to achieve for 2020!

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## Goals or To-do List

Sunday

29

Monday

30

Tuesday

31

Wednesday

1

Thursday

2

Friday

3

Saturday

4



# Ratatouille

**Makes: 8 servings**

## Ingredients

- 1 Tbsp. vegetable oil
- 1 large yellow onion (chopped)
- 4 cloves garlic (minced)
- 1 medium eggplant (peeled, diced)
- 2 zucchini (diced)
- 1 red bell pepper (cored, seeded, diced)
- 1 tsp. dried basil
- ½ tsp. dried oregano
- 3 ½ cups canned low-sodium tomatoes
- 1 lemon (quartered)
- ¼ cup chopped fresh basil leaves

## Directions

1. Heat a large pot over medium-low heat. When it is hot, add the vegetable oil.
2. Add the onion and garlic and cook until golden brown, about 10 minutes.
3. Add the eggplant, zucchini, bell pepper, basil and oregano. Cover and cook until the eggplant is very soft, about 40 minutes.
4. Add the tomatoes and cook, uncovered, for an additional 20 minutes.
5. Garnish with lemon quarters and basil, and serve immediately.
6. Cover and refrigerate leftovers for up to three days.

## Nutritional information for 1 cup

- Calories—56
- Total fat—4 g
- Saturated fat—0 g
- Cholesterol—0 mg
- Sodium—63 mg
- Total carbohydrates—6 g
- Dietary fiber—2 g
- Total sugars—3 g
- Added sugars included—0 g
- Protein—1 g



# Chocolate Chip Yogurt Cookies

**Makes: 36 servings**

## Ingredients

- ½ cup sugar
- ½ cup light brown sugar (packed)
- ½ cup margarine
- ½ cup nonfat plain yogurt
- 1 ½ tsp. vanilla
- ¾ cup all-purpose flour
- 1 cup whole-wheat flour
- ½ tsp. baking soda
- ½ cup miniature chocolate chips

## Directions

1. Heat oven to 375 F.
2. In a large bowl, combine sugar, brown sugar and margarine. Beat until light and fluffy.
3. Add in yogurt and vanilla. Blend well.
4. Stir in flour and baking soda. Stir until well combined.
5. Carefully add in chocolate chips.
6. Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased baking sheets.
7. Bake for 8 to 12 minutes.
8. Allow cookies to cool for one minute before removing from sheets.

## Nutritional information for 1 cookie

- Calories—80
- Total fat—3 g
- Saturated fat—1 g
- Cholesterol—0 mg
- Sodium—42 mg
- Total carbohydrates—12 g
- Dietary fiber—1 g
- Total sugars—7 g
- Added sugars included—7 g
- Protein—1 g