

2013 november

A healthy lifestyle is made up of a whole collection of small, daily decisions. The decision to drink water instead of soda may seem insignificant, but when spread out over a week, month or year, it adds up to a healthy, happy you! Print out this calendar and check in daily to see what little thing you can do to keep healthy and strong.

sun mon tue wed thu fri sat

GOALS

<p>3</p> <p>Treat yo' self.</p> <p>Read a magazine. Watch a movie. Have a cocktail. Do something just for you today! Enjoy!</p>	<p>4</p> <p>Schedule your workouts.</p> <p>Today schedule your workouts for the week. Go ahead and pencil them into your calendar like any other appointment.</p>	<p>5</p>  <p>6</p> <p>Step out of your comfort zone this weekend and do an activity you wouldn't normally do. Try a Zumba class. Go kayaking. Take a hot yoga class.</p>	<p>7</p> <p>Hydrate.</p> <p>Start off your morning with 16 ounces of water as soon as you get out of bed. It kickstarts your metabolism!</p>	<p>8</p> <p>try a fruit or veggie you've never had before.</p> <p>You never know! You might find your new favorite food!</p>	<p>1</p> <p>First up.</p> <p>Make a list of goals you want to accomplish by the end of the month.</p>	<p>2</p> <p>Take the stairs.</p> <p>Today, skip the elevator and take the stairs instead. Studies show the risk of cardiovascular disease is lower among those who regularly climb stairs.</p>
<p>10</p> <p>Be kind.</p> <p>Do a random act of kindness today! Leave a nice note, give someone your parking spot, send a friend flowers. You'll feel awesome afterward.</p>	<p>11</p> <p>Honor veterans and get rid of temptation.</p> <p>by donating your Halloween candy stash to be sent to troops overseas. halloweencandybyback.com</p>	<p>12</p> <p>Eat the rainbow.</p> <p>Try to get in a fruit or vegetable in every color of the rainbow today—red, orange, yellow, green, blue and purple.</p>	<p>13</p> <p>14</p> <p>For the rest of this week, focus on workplace fitness. Try to get up from your desk chair at least every hour to walk for 5 or more minutes.</p>	<p>15</p> <p>Halfway!</p> <p>The month is halfway over! Time for a goals check-in. How's it going? What do you need to change to complete them in the next 15 days?</p>	<p>16</p> <p>Prep.</p> <p>Use some of your freetime this weekend to prep food for the upcoming week. Slice veggies, boil eggs, make granola bars.</p>	<p>9</p> <p>Go hard.</p> <p>Make today your hardest workout of the week! Push yourself! Tomorrow you can rest and recover.</p>
<p>17</p> <p>See if you can get in at least five servings of fruits and veggies today.</p>	<p>18</p> <p>19</p> <p>Let's do push-ups this week! See how many you can do (with good form!) on Monday. Then try to add one more a day for the rest of the week. Keep it going for the rest of the month, if you like!</p>	<p>20</p> <p>Hump Day.</p> <p>You're halfway through the week. What changes can you make today to make the rest of the week healthier?</p>	<p>21</p> <p>Rest.</p> <p>Rest days are just as important as workout days. Take today off and let your body recoup.</p>	<p>22</p> <p>dance it out.</p> <p>Close the curtains, crank the music and dance it out. A one hour dancing session can burn up to 400 calories and boost your mood.</p>	<p>23</p> <p>Go hard.</p> <p>Make today your hardest workout of the week! Push yourself! Tomorrow you can rest and recover.</p>	<p>24</p> <p>25</p> <p>The holiday season officially kicks off this week, get off to a great start by making sure to eat clean and get some activity early in the week. Try to log at least 30 minutes of activity on each Monday, Tuesday and Wednesday.</p>
<p>24</p> <p>25</p>	<p>26</p> <p>The core of it.</p> <p>Focus on your core during your workout today. Hold a plank for as long as you possibly can!</p>	<p>27</p> <p>Take a hike.</p> <p>Enjoy the last of the fall weather and get out there and go on a hike! Enjoy the calm before the proverbial holiday storm.</p>	<p>28</p> <p>Give Thanks.</p> <p>Today, make a list of 25 things you are thankful for.</p>	<p>29</p> <p>30</p> <p>Congrats! You've made it through November! Make sure to check in with your goals and see how you did. Start thinking about October goals while you're at it!</p>	<p>29</p> <p>30</p>	<p>29</p> <p>30</p>