

2013 October

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
		<p>1</p> <p>First up. Make a list of goals you want to accomplish by the end of the month.</p>	<p>2</p> <p>Fall weather is here! Get out and do an outdoor workout today. Go for a run, a bike ride, an outdoor yoga session or even just a walk.</p>	<p>3</p> <p>Hydrate. Start off your morning with 16 ounces of water as soon as you get out of bed. It kickstarts your metabolism!</p>	<p>4</p> <p>Happy Pizza Month! Celebrate this weekend and make pizzas at home! Use whole wheat crust and lots of veggies.</p>	<p>5</p> <p>Thanks. It's World Teacher Day. How about writing a note (a real letter) to a teacher that made a difference in your life?</p>
<p>6</p> <p>Get motivated. If you're lacking some motivation, maybe watching a health focused documentary will help. Check out the Hulu for some good freebies.</p>	<p>7</p> <p>Schedule your workouts. Today Go ahead and pencil them into your calendar like any other appointment.</p>	<p>8</p> <p>9</p> <p>Did you know that iron is one of the most common nutrient deficiencies. Try upping your intake of leafy greens, beans and lentils this week to make sure you get your iron in.</p>	<p>10</p> <p>Treat yo' self. Read a magazine. Watch a movie. Have a cocktail. Do something just for you today! Enjoy!</p>	<p>11</p> <p>Complaint Free. It's Complaint Free Friday! Turn that frown upside down. Anytime you feel yourself going negative, choose to focus on the positives instead. And no complaining!</p>	<p>12</p> <p>dance it out. Close the curtains, crank the music and A one hour dancing session can burn up to 400 calories and boost your mood.</p>	
<p>13</p> <p>14</p> <p>Strap on your pedometer and see if you can log 20,000 steps in these two days. Don't have a pedometer? There are lots of great smartphone apps that turn your phone into one.</p>	<p>15</p> <p>Be kind. 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>16</p> <p>Fat the rainbow. Try to get in a fruit or vegetable in every color of the rainbow today—red, orange, yellow, green, blue and purple.</p>	<p>17</p> <p>Skip the meat. Meatless isn't just for Mondays anymore. and have a full day of vegetarian meals.</p>	<p>18</p> <p>Prep. Use some of your freetime this weekend to prep food for the upcoming week. Slice veggies, boil eggs, make granola bars.</p>	<p>19</p> <p>Love your body. We can be so hard on ourselves sometimes. Take a moment today and write down what you like about your body and why.</p>	
<p>20</p> <p>Rest. Rest days are just as important as workout days. Take today off and let your body recover.</p>	<p>21</p> <p>22</p> <p>Did you know that you are far more likely to stick with a workout routine if you commit with a friend? Find yourself a workout buddy this week and try this two-person workout.</p> <p>bit.ly/nM3IQS</p>	<p>23</p> <p>Grateful. Take a moment today and write down 10 things you are grateful for and why.</p>	<p>24</p> <p>Go hard. Make today your hardest workout of the week! Push yourself! Tomorrow you can rest and recover.</p>	<p>25</p> <p>26</p> <p>Make the most of your TV time this week and alternate doing squats, push-ups and crunches during each commercial break. Yes, even if you DVR your shows.</p>		
<p>27</p> <p>make a menu Take some time today to for the rest of the week.</p>	<p>28</p> <p>Take care. Have you been talking care of yourself lately? Pamper yourself today—soak in a hot bath, read a novel, go for a walk. Your mental health is just as important as your physical.</p>	<p>29</p> <p>30</p> <p>Congrats! You've almost made it through October!! Make sure to check in with your goals and see how you did. Start thinking about November goals while you're at it!</p>	<p>27</p> <p>Happy Halloween Treat yourself with some of your favorite candy and maybe a spooky movie or two!</p>			