

2013 May

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.

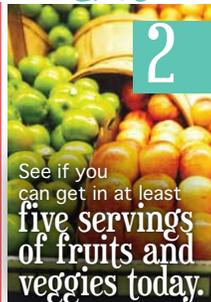
sun mon tue wed thu fri sat

GOALS

1

First up.

Make a list of goals you want to accomplish by the end of the month.



2

See if you can get in at least **five servings of fruits and veggies today.**

3

Walk.

Strap on a pedometer (or download a pedometer app for your smart phone) and see if you can hit 10,000 steps today.

Go hard.

Make today your hardest workout of the week! Push yourself! Tomorrow you can rest and recover.

4



5

Today **schedule your workouts** for the week. Go ahead and pencil them into your calendar like any other appointment.



6

The 6th is International No Diet Day. Let's all try to take a break this week from thinking about what's wrong with our bodies and instead focus on what's right. Make a list of 10 things you love about your body.

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Get motivated

If you're lacking some motivation, maybe watching a health focused documentary will help. Check out the Hulu for some good freebies.

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Hydrate.

Start off your morning with 16 ounces of water as soon as you get out of bed. It kickstarts your metabolism!

Clean it up.

Celebrate Clean Up Your Room Day by taking time to declutter one spot in your house. Sort through that mail pile, clean out that junk drawer or organize the fridge.

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Meatless isn't just for Mondays anymore. **Skip the meat** and have a full day of vegetarian meals.

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.

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Ribbit.

Grab a buddy and head outside to play a round of leap frog to celebrate Frog Jumping Day. It's a great workout!

Explore.

Skip the gym today and instead go exploring your area on foot. Go sans headphones and really observe the people, places and things around you.

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The 15th is National Chocolate Chip Day! Celebrate by trying out this recipe for a healthier chocolate chip pancake.

bit.ly/YvVNCR

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!

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18

Prep.

Use some of your freetime this weekend to prep food for the upcoming week. Slice veggies, boil eggs, make granola bars.

19

Sugar free.

Try cutting out the sugar today. No sodas, no candies, and no cookies. Maybe you'll realize you don't need it after all.



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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.

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Today, skip the elevator and **take the stairs** instead. Studies show the risk of cardiovascular disease is lower among those who regularly climb stairs.

Plank.

Let's do a plank-a-day for the rest of the month! Try adding 10 seconds to your plank time everyday.

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Make a plan.

Most of us have a holiday weekend coming up. Make a plan for how you are going to stay on track with your food and fitness.

Go hard.

Make today your hardest workout of the week! Push yourself! Tomorrow you can rest and recover.

25



Honor those that have given their lives in military service this Memorial Day by donating to The Memorial Day Foundation—an organization which decorates the graves of fallen veterans. Not in the U.S.? Seek out a similar charity in your home country.

memorialdayfoundation.org

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Eat the rainbow

Try to get in a fruit or vegetable in every color of the rainbow today—red, orange, yellow, green, blue and purple.

Make a new recipe.

Spice up boring old Wednesday night and try a new dish for dinner tonight.

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Congrats! You made it through May! Make sure to check in with your goals and see how you did. Start thinking about June's goals while you're at it!

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