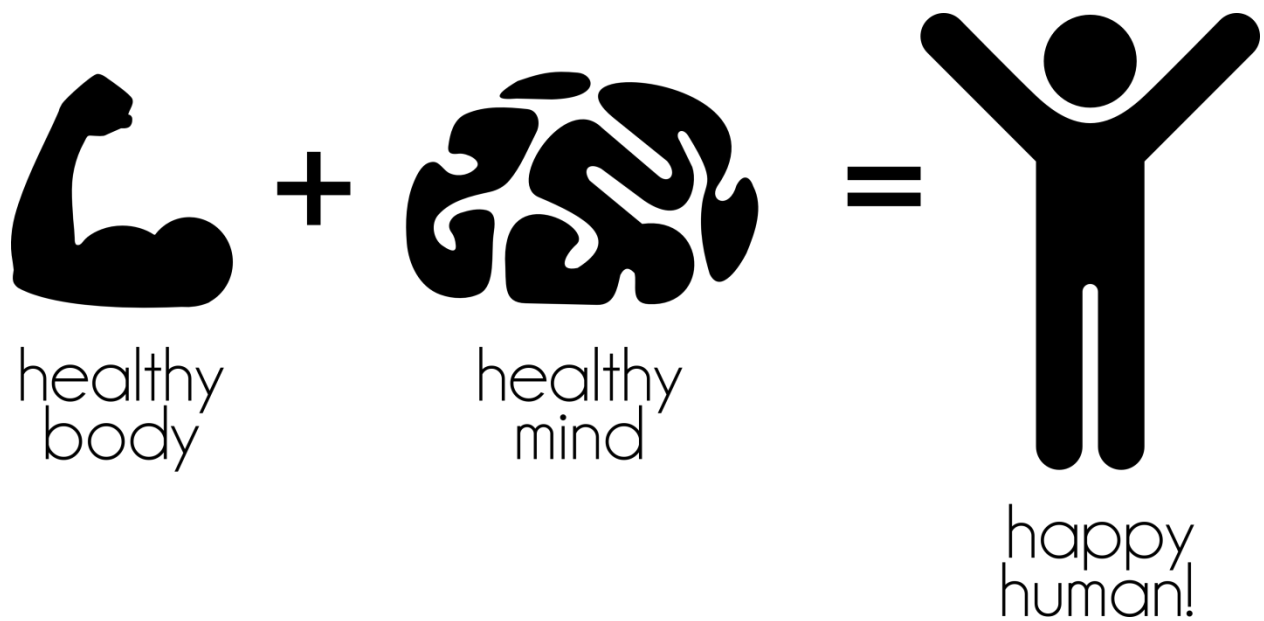


12 Months to a Healthier You



One small change each month to ease you into a healthier you.

January- Focus on the positive

Cut yourself some slack. Focusing on what you don't like about your body can actually make you more susceptible to illness. Find the things in yourself that you love, and put more emphasis into those things.

February- Keep a food diary

Tracking your meals can make you more conscious about what you're really eating, and where you can make smarter choices. This can also show you where you may have problems with over or under eating.

March- Cut out added sugar

Fruit is good. Candy... not so much. High consumption of sugar is linked to weight gain, and can increase the risk of heart disease. When you crave something sweet, reach for fruit instead.

April- Make it a meal prep month

It's so much easier to eat clean when there are healthy meals already in your fridge. Set aside a day to plan and prep your food for each week. There are tons of meal prep ideas/plans online if you search, and some even come with grocery lists to make it that much simpler.

May- Start a new workout program

Avoid a weight-loss or fitness plateau by changing up your workout routine. Pinterest is a great resource for looking up new workout routines, or even videos on YouTube that you can follow along to.

June- Drink water every morning

You can often times wake up dehydrated, so starting your day off with a big glass of water will start your day off on the right foot. Not only is it a refreshing habit, it can also aid in weight-loss.

July- Aim for 10,000 steps a day

Walking helps burn extra calories and combat the risk of a sedentary lifestyle. It can even help improve your overall mood and mental health.

August- Go junk-food free

Highly processed foods loaded with sugar, salt, chemicals, and trans fats lead to a host of health issues ranging with obesity to diabetes to cardiovascular issues.

September- Add meditation to your daily routine

Too much stress can impair muscle recovery making leg day even worse. Meditation has been shown to reduce the impact of stressors like daily hassles and psychological issues by up to 44%.

October- Celebrate meatless Monday

October is national vegetarian month. Going meat-free for a day can introduce you to new healthy foods to love, can help lower your BMI, and is good for the environment.

November- Train for the trot

Make every workout count by signing up for a walk or run at the end of the month. When you focus on performance, you're more likely to be satisfied with your training, and achieve your goals.

December- Get more sleep

Make sure you get more shut-eye. Poor sleep quality can lead to weight gain, but getting seven hours a night or more of good sleep can speed up weight-loss.

Healthier You Quiz

1. True or False- You can aid in avoiding a plateau by switching up your exercise routine.

2. True or False- Tracking your meals will not make you more conscious about what you're eating.

3. True or False- Starting your day off with a big glass of water can help combat dehydration.

4. Fill in the blanks

Meditation has been shown to reduce the impact of stressors like daily hassles and psychological issues by up to ____%.

5. Fill in the blanks

Focusing on what you don't like about your body can actually make you more susceptible to _____.

6. What month is national vegetarian month?

- a) March
- b) June
- c) October
- d) December

7. What month should you aim to hit 10,000 steps a day?

- a) January
- b) July
- c) April
- d) September

Quiz Answers

1. True
2. False
3. True
4. 44%
5. Illness
6. October
7. July

Source:

<https://www.pinterest.com/pin/354799276886488156/>