

2012 december

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

First things first...

Make a list of goals you'd like to accomplish by the 31st. Write them down over here.



Help out.

34 million people are living with HIV/AIDS worldwide. Today is World AIDS Day. Show your support by donating condoms with a single tweet.

1share1condom.com



2

Treat yo' self.

Read a magazine. Watch a movie. Have a cocktail. Do something just for you today! Enjoy!

3

try out a magazine workout.

Pick up the nearest fitness magazine and try one of the workouts.

4

Hydrate.

Try to drink a gallon of water throughout the day. If you're up for 16 hours, that's only one cup per hour.

5

Celebrate yourself.

Give yourself some credit and make a list of 10 things that are totally awesome about you.

6

Go to the grocery store and buy the weirdest vegetable you can find. Now find a recipe online that uses it and make that for dinner.

7

8

This weekend marks the start of Hanukkah. Whether you celebrate or not, you can enjoy this recipe for a healthier potato latke.

www.eatingwell.com/recipes/crispy_potato_latkes.html

9

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

10

Go hard.

Kick off your week right and make today your hardest workout of the week. Really push yourself!

11

12

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.

13

Winter Wonderland.

Do something fun and winter-y today for exercise. Try cross-country skiing, ice skating, sledding, or even just a snowball fight.

14

Hydrate.

Try to drink a gallon of water throughout the day. If you're up for 16 hours, that's only one cup per hour.

15

Halfway!

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 16 days?

16

Treat yo' self.

Read a magazine. Watch a movie. Have a cocktail. Do something just for you today! Enjoy!

17

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.

18

Bake cookies!

Today is a National Cookie Baking Day! Join the fun by trying to healthify your favorite cookie recipe.

19

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.

20

Skip the meat

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

21

22

Happy Winter Solstice! Friday is the longest (and darkest) day of the year. Enjoy the darkness by relaxing in a candle-filled room with some good music. You deserve a break!

23

Make sure to get in a workout or two before your gym is almost closed for the holiday!

The month is almost over! Check in with your goals and see how you did.

24

Traveling today?

Remember to pack healthy snacks and keep hydrated!

Happy 2013! Enjoy your NYE, but remember to stay hydrated while you drink.

25

Take today off

and just enjoy your family and friends. Eat some cookies, drink some cocktails and enjoy life!

26

Donate.

Now that you scored some new goodies, go through your old stuff and fill up a bag to donate to charity.

27

28

The week between holidays is a great time to start thinking about your goals for 2013. Make sure you write 'em down. Goals that aren't written down are just wishes.

29

Shop.

Hit up your local winter farmer's market for some in-season goodies today.