



- 1** Relax, rest and repeat. Make time today to do absolutely nothing! A well-rested body, mind and soul will serve you 10-fold.
- 2** Get serious about preventative health! Plan to balance regular meals, exercise, work, rest and play over the next 21 days.
- 3** A healthy lifestyle is made up of a collection of small, daily decisions. Exchange one bad habit for one good habit today.
- 4** Make it a “meatless” Monday. Choose protein alternatives like beans, tofu or lentils. Check out meatfreemondays.com for recipe ideas!
- 5** Time to detox. Use water to help cleanse your body of all the caffeine, alcohol and sugary drinks consumed during the holiday season.
- 6** Get outside and add a little sunshine to your life! If the sun isn’t shining where you are, supplement with Vitamins C and D.
- 7** Cook extra and freeze batches of your favorite foods so you always have healthy meals available when you are pressed for time.
- 8** Step away from the scale. Gauge your fitness and nutrition success by how you feel, not by how much you weigh.
- 9** Try a new way of cooking – experiment with broiling, boiling, poaching, steaming, braising, roasting, grilling, sautéing and stir-frying.
- 10** Consider donating blood. Every 2 seconds someone in the U.S. needs blood and less than 10% of the population donates each year. #itsinyoutogive
- 11** Consistently dedicate time to a fitness regime that suits your lifestyle. Create a plan that you can and will do to yield the best results.
- 12** Commit 10% of your earnings each month to continuing your education. Learning is an indispensable investment.
- 13** Slouching? Your posture counts! Challenge yourself to sit up straight throughout the day.
- 14** Learn the effective use of the words Yes and No. You are more powerful than you realize, and you always have a choice.
- 15** Avoid passive eating. If you have habits that don’t serve you, especially while in front of a television or computer, substitute food for water.
- 16** Hang out with healthy people. It’s said that you’re like the 5 people with whom you spend the most time. Who’s in your sphere of influence?
- 17** A day of worry is more exhausting than a week of work. Affirm a positive outlook so that you don’t get in your own way.
- 18** Let those around you know that you are there for them. Dependable support is the basis of any successful team.
- 19** Take regular weekly office meetings outside and turn them into “walking meetings.” You’ll return feeling refreshed mentally and physically.
- 20** Refrain from an all-or-nothing mindset. Maintaining perspective is crucial to positive thinking.
- 21** Take a class and try a new instructor at your favorite gym to change it up and give your body and mind a new challenge.
- 22** Make a point of saying good morning to each person that you encounter today. And remember to smile!
- 23** Who said exercise had to be boring? A one-hour dancing session can burn up to 400 calories and boost your mood.
- 24** Love yourself. Reflect on your strengths today.
- 25** Effectively allow yourself to be the fullest expression of self. Embrace that you are perfectly imperfect.
- 26** Affirmations are the blueprints for your life. Add 5 new affirmations to your daily ritual to enrich your experience.
- 27** Consider taking a CoQ10 supplement. CoQ10 is a powerful antioxidant that fights free radicals, which can damage cells and DNA.
- 28** Out of sight, out of mind, out of mouth. Curb cravings by only stocking whole foods at home and avoiding vending machines and fast food.
- 29** Use the 1 in 10 rule: for every 10 grams of carbs look for at least 1 gram of fiber. 10:1 foods tend to have less sugar and sodium.
- 30** Choose paper, not plastic. Studies show we’re less likely to make impulse purchases if we have to pay cash versus credit or debit card.
- 31** Breathe deeply to help maintain mental clarity and level out stress.

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FEBRUARY

- 1** February is heart awareness month. Have regular checkups and know your numbers (weight, blood pressure, cholesterol and blood sugar).
- 2** Have you seen your RMT lately? There's nothing like a good massage to relieve both physical and mental stress.
- 3** Create a weekly eating plan to take the guess work out of meal preparation.
- 4** Go for a walk, jog or run BEFORE you go to work today.
- 5** Open yourself up to a new experience. Consider taking a day trip somewhere new or sign up for a new class.
- 6** Step outside of your comfort zone by committing to projects that involve public speaking, writing or anything else that you might find challenging.
- 7** Stock up on frozen fruit and vegetables so that you always have them on hand when preparing meals.
- 8** Eat from small plates, bowls and cups to help manage portion control.
- 9** Challenge yourself to plank for 30-60 seconds today and for the next 21 days. Be mindful of your alignment and remember to breathe!
- 10** Befriend your slow cooker! Cooking with one is easy, and you can create large batches of healthy and inexpensive meals.
- 11** Love coffee? Drink it black and before you work out. It'll give you an extra boost and will help to burn more fat.
- 12** Pack an extra gym bag and keep it in the car on your passenger seat. The reminder will get you there.
- 13** Fill half your plate with vegetables for lunch and dinner, and then make sure you eat the vegetables first.
- 14** Set an alarm an hour before bed as a reminder to begin your bedtime routine.
- 15** Lower your thermostat before to go to bed to about 65F (18C) for a better night's sleep.
- 16** Feeling sick? Try honey for a sore throat, garlic for a cold, boost your immune system with coconut oil and use ginger for a stuffy nose.
- 17** Book challenge! How many can you read this year?
- 18** Help to detox your liver by eating beets! They're a good source of folate, potassium, dietary fiber, magnesium, vitamin B6 and C and iron.
- 19** Stop and look at yourself. Take time to recognize signs of stress like anger, fatigue and poor quality sleep.
- 20** Smile. Spring is only one month away!
- 21** Use stress as a teacher. In crisis, make time to think about what changes are necessary to make things better.
- 22** Reduce your sodium intake for the next 7 days. Your heart will thank you!
- 23** Block off 15-30 minutes each day for unexpected events. The extra time could save you a lot of stress.
- 24** Achy? Try foam rolling or using a sport ball to knead out tired and sore muscles and ligaments.
- 25** Change your mood by moving. Stuck in a negative mindset? Change your environment (and your perspective) by going for a walk.
- 26** Simmer water with lemon slices, whole cloves and cinnamon sticks for 30 minutes on the stove to create a more fragrantly fresh home.
- 27** Listen to your body. If something doesn't feel right, seek out a medical professional.
- 28** Inject more happiness into your day today by spending time with your friends or family, enjoying your favorite meal or by getting outside.
- 29** What was your favorite moment this February? Reflect, enjoy and carry that energy into the coming months.



MARCH

- 1** Spring clean your life! Dust contributes to allergies and asthma, and clutter can affect your health too. Give your home a deep clean.
- 2** Be more mindful: It's time to get rid of habits that don't serve you, plant seeds of positivity and start creating the life you want.
- 3** Challenge yourself by making one significant change this month to better your quality of life.
- 4** Stay bundled up! Even though the weather is beginning to change, be sure to wear a scarf or jacket when spending time outdoors.
- 5** Is there a local farmers' market nearby? Is it open yet? It's time to stock up on colorful spring superfruits and vegetables!
- 6** The holiday season has come and gone. Consider choosing leaner meals, a smaller serving size and cutting down on starches and processed meat.
- 7** What time is best to exercise? It all depends on you. Schedule time in your calendar like you would an appointment for regular physical fitness.
- 8** Eliminate over-processed bread. If you can't pronounce the ingredients, skip it or consider making your own bread with natural ingredients!
- 9** Eating out can drain your wallet and add pounds to your waist. Prep your own meals to easily save money and sidestep the extra calories.
- 10** Our bodies get bored and plateau with the same exercise day after day. Incorporate a blend of cardio, strength training and yoga for variety.
- 11** Do you get enough rest days? Exercise breaks down tissue, so rest days are important for your body to rebuild and repair.
- 12** Skip soda...plain and simple! It's not only a diet buster but it can also contribute to obesity as well as numerous other ailments and diseases.
- 13** Get active after eating to get blood flowing and to ease digestion. A leisurely walk around the block or easy bike ride after dinner should do it.
- 14** In need of an emotional health boost? Any kind of regular exercise has been shown to help!
- 15** Keep the body refreshed! Challenge yourself to drink an extra cup of water each day for the next 21 days.
- 16** Wake up earlier and play outside! Support your internal rhythms and experiment by starting your day with some sun.
- 17** Feeling restless? It's normal this time of year. Consider invigorating your fitness routine and adding in new challenges this month.
- 18** Look for a new healthy recipe, and then actually make it! For ideas, visit focusongoodhealth.com or check out Pinterest!
- 19** Now is the time to sign up for an organized summer walk/run. Challenge your co-workers to join and get fit as a team. How far will you go?
- 20** When was the last time you challenged your brain with something other than work? Read a new book, do Sudoku or try a logic puzzle.
- 21** Fresh air and nature always does a body good! Visit a national, state/provincial or local park and go for a trail walk, run or hike.
- 22** If weight loss is your goal, set realistic expectations and give yourself ample time to create permanent change.
- 23** Don't let a scale dictate your emotions! To positively focus on weight loss, use a scale as an intermittent tool rather than a regular crutch.
- 24** Overtraining can lead to fatigue and negatively impact your body. Remember, when it comes to training, it's about quality, not quantity.
- 25** A healthy lifestyle should be fun! Train with friends when possible and get creative with your food. Use music to motivate you!
- 26** Give back. Exercise your heart by doing something nice for someone else.
- 27** Have you been affirming? Reset your routine, or add in new affirmations that you may have not considered before.
- 28** For motivation, check out health, wellness and fitness apps available for your smart phone to remind you to stay focused on good health!
- 29** "If you're not committed, you can't complain." Eliminate negativity. Remind yourself you really can have what you want if you work for it.
- 30** Looking for inspiration? Watch one of our Focus On Good Health webinar recordings available at youtube.com/exitrealtyvideos!
- 31** We'd love to hear what your most significant health, wellness or fitness achievement has been thus far and why?



APRIL

- 1** Laugh at yourself today! Humor is good for your health and your smile is sure to brighten up someone's day!
- 2** Kick start your day by swapping your morning coffee with a green smoothie or juice.
- 3** Take care of your gut with probiotics and fiber. Proper digestion and flow are essential to overall health and wellness.
- 4** Improve calorie burn by consuming a glass of water prior to each meal. Studies show it can increase your metabolism!
- 5** If you're a meat eater, cook it just right. Burnt meat is carcinogenic, while undercooked meat is potentially poisonous.
- 6** Avoid bright lights before bedtime! Bright lights disrupt the production of melatonin, which is a hormone needed for sleep.
- 7** Celebrate World Health Day today by increasing your diabetes awareness and adopting a new healthy eating habit.
- 8** Are you consuming enough protein? Protein boosts metabolism and is shown to lower blood sugar and pressure levels.
- 9** Social interaction is important for both mental wellbeing and physical health. Make time to take care of relationships.
- 10** Try cold pasta! The drop in temperature changes the noodle into "resistant starch" and your body works harder to digest it.
- 11** Studies show that we tend to eat less if we eat slower. Challenge yourself to take smaller bites and sip water in between.
- 12** Use transitions to be more mindful – allow yourself a few moments between tasks to stop and notice your breath.
- 13** Improve your ability to focus by single-tasking. It can increase productivity and lead to a more enjoyable work experience.
- 14** When was the last time you people watched? Make time today to sit in a public place and watch the world go by.
- 15** Are you a goal setter? Make sure they are S.M.A.R.T! (Specific, measurable, attainable, realistic and timely).
- 16** Make gratitude part of your routine: turn your Instagram account into a gratitude diary or write each day to reflect.
- 17** Do you practice self-compassion? When you get lost in business of life, be forgiving. We're usually our toughest critics!
- 18** How about eating only whole foods this week? Challenge yourself - it's easier than you think.
- 19** Do you know we often forget to breathe when multitasking? Make a point of being mindful of your breath today.
- 20** No matter what your health, wellness, fitness or nutrition goals, there is no time like the present to begin!
- 21** Your stomach is a volume counter, not a calorie counter. Eat high volume foods like fruit and veggies to feel satiated.
- 22** Celebrate Earth Day today by spending time outdoors in the fresh air and sunlight.
- 23** Make time to learn more about your finances. Being financially unaware can cause unnecessary stress.
- 24** In need of some new inspiration? Hunt for good mentors, read a critically acclaimed book or watch a TED Talk.
- 25** Has meditation become part of your daily routine? Like anything, the more you practice, the easier it gets.
- 26** Add a brisk walk or jog to your morning pre-work routine. Your body will thank you!
- 27** Take 10 minutes today to do absolutely nothing but be in the present moment.
- 28** Eat with purpose: make a point of evaluating what you eat and whether or not it is fuel for your body.
- 29** Practice awareness: engage your senses by paying attention to the little things like a warm embrace or the scent of a flower.
- 30** Form matters: no matter the type of fitness you do, ensure you learn and maintain good form to maximize your workouts and avoid injury.



MAY

- 1** Want to wear a smaller size? Lift weights! A pound of muscle is much denser than a pound of fat, meaning it takes up less space.
- 2** When snacking, avoid eating a small amount of carbs and instead choose protein and fat to feel full faster and stay full longer.
- 3** Skip energy drinks when tired: they come with unpleasant side effects like nervousness, irritability and rapid heartbeat.
- 4** Did you know that drinking more water can help relieve bloating caused by dehydration?
- 5** Cool down by sipping a hot drink. The change in temperature increases sweat production, which will cool you naturally.
- 6** Fatigue improves after a single 30-minute workout. After a long workday, exercising will actually energize you.
- 7** Boost your brain power by handwriting ideas. Typing enables you to jot down more, but handwritten notes resonate.
- 8** Have a late-night sugar craving that just won't quit? Have a sliced apple with a table spoon of nut butter instead.
- 9** After a grueling workout, relieve post-fitness leg aches by submerging your lower body in a cold bath (50-55 F).
- 10** It takes 3,500 calories to gain 1lb of body fat. Don't beat yourself up for having a cheat day!
- 11** Ready to increase your running game? Try upping the number of miles ran by 5 to 10 percent each week.
- 12** Running shoes deteriorate pretty quickly so if you haven't already, be sure to swap out last season's for a new pair.
- 13** Planning on picking up the pace? Eat food that will help keep you going strong. Opt for a high-carb meal in the AM.
- 14** If you feel frustrated, stop what you're doing and change your environment. Even 5 minutes can help you reset.
- 15** Replace "I should" with "I choose." It's more powerful language and it reinforces that you are in control of making choices.
- 16** Did you know eating lunch while at your PC could lead to mindless grazing? Carve out 20 minutes a day to enjoy your lunch outside.
- 17** Large group meeting planned? Start it with physical activity like squats or jumping jacks to get creativity flowing.
- 18** Hold a healthy potluck lunch at your office and share recipe ideas to encourage good health and wellness.
- 19** For inspiration, consider putting up a "wellness wall" at your office so that everyone can share tips, routines and quotes.
- 20** Empower yourself to be active by walking. Walking can decrease tension, improve mood and boost self-confidence.
- 21** Pay it forward. Make a point of giving to someone else today to create positivity and inspiration.
- 22** Give and accept rejuvenation in relationships. As things evolve, appreciate and embrace each step.
- 23** Increase circulation and stimulate the release of toxins in the body by making time to stretch today.
- 24** Say thank you to someone who deserves it today.
- 25** Wake up 10 minutes earlier tomorrow and do something just for yourself.
- 26** Make a list of your 3 favorite people and reach out to them to let them know how special they are to you.
- 27** Rule number one for sticking to a healthy snacking plan? Don't get bored! Get creative to keep it interesting.
- 28** Put tech away for a few hours today and spend some time outside. Make time for friends and for laughter.
- 29** When was the last time you made time for play? Play a game of catch, chess or cards with friends or family today.
- 30** Use holidays as an excuse to get healthy – instead of junk food, opt for colorful or themed foods to stay on track.
- 31** Got a lot on your mind? Reach out to a trusted confidant and express your feelings, frustrations and needs.



- 1** Turn your speakers up! Listening to music improves the brain's ability to handle communication.
- 2** Take a walk outside. A medical study shows that 30 minutes of walking in a green scene reduces depression in 71% of participants.
- 3** "Collect" positive emotional moments today: Recall times when you have experienced pleasure, comfort and confidence.
- 4** Cook from scratch! It allows you to have complete control of what goes into your food.
- 5** Negative thoughts can be relentless and loud. Learn to interrupt them by making a point to change your focus.
- 6** Life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know.
- 7** Be mindful today of proportions to balance your diet. Are you consuming enough protein and fat?
- 8** DO you know what you're eating? Take time to read food labels and look up ingredients. If possible, stick to whole, natural, unprocessed foods.
- 9** Take a deep belly breath to open up your blood vessels. The dose of oxygen will make you feel happier and more alert.
- 10** Don't forget to reach out to your friends when you need them. Having a network of people you can count on contributes to a better quality of life.
- 11** Be a smart patient. Keep a written medical history, and educate yourself about family health problems to which you may be predisposed.
- 12** Working up a sweat for just 1 hour per week brings a range of benefits: reduced risk of heart attack, better mood and lower blood pressure.
- 13** Lift loud! Verbally expressing emotion while lifting weights increases muscle strength by up to 25 percent.
- 14** Did you know that red cabbage has 15 times as much wrinkle-fighting beta-carotene as green cabbage?
- 15** If you can hear yourself running, you may have bad form. Keep your feet close to the ground and use a quick, shuffling stride.
- 16** Consider using aromatherapy to increase your productivity. Try rosemary for mental clarity/alertness or mint/basil to reduce mental fatigue.
- 17** Did you know every time you exercise, you create new brain cells? Can't make it to the gym? Add a 15 minute walk to your daily routine.
- 18** Did you know that red bell peppers have up to nine times as much vitamin C as green peppers?
- 19** Mindful meditation is known to reduce stress, improve memory, and can help prevent diseases like dementia, Alzheimer's and Parkinson's.
- 20** Your brain is energy-hungry, gobbling up more than 20% of your daily intake. Eat throughout the day to optimize brainpower!
- 21** Dehydration can lead to memory loss and confusion. Be sure to consume 8 glasses of water a day.
- 22** Childhood fitness reduces disease risks in adulthood. If you have young ones around, encourage them to be active this summer.
- 23** Slather up! Sunscreen can not only protect you from skin cancer, but it can slow down the aging process.
- 24** Get creative with yogurt! It's tasty and easy to use in food prep. Use it to marinate meat or as the base for dips, soups and sauces.
- 25** Relieve tension and get your blood pumping with DIY acupressure. Find the base of each cheekbone and press lightly for 30 seconds.
- 26** Fill your gas tank post sunset to avoid the smog created by gas emissions that evaporate in the sun while filling your tank.
- 27** Give your coworker a mega-watt grin, even if you'd rather throttle him or her ;)
- 28** Take off your shoes at your front door. This keeps all kinds of grossness out of your home!
- 29** Soak your face in ice water for 1-2 minutes. Exposure to ice water allows you to reset levels of the appetite hormone leptin.
- 30** Add apple cider vinegar to your water. It lowers blood sugar levels and soothes digestive issues.



JULY

- 1** Reminisce about something hilarious! Laughter boosts your immune system.
- 2** Eat vegetables with every meal. Veggies can boost your mood and metabolism.
- 3** Increase the amount of water you drink today - to at least 8 glasses.
- 4** Have a de-clutter day at home to help get organized.
- 5** Make a food plan for the week. Avoid fast food and snacking by preparing food ahead of time!
- 6** Write down 5 things that you are truly grateful for.
- 7** Swap your normal cup of coffee for a cup of green or white tea. Try one without caffeine.
- 8** Do a good deed for someone else today.
- 9** Take the stairs instead of the elevator.
- 10** Make a small change to your regular routine by taking a different route to work or trying a new food.
- 11** Run, jog or walk your own personal goal distance!
- 12** Set 3 fitness goals for yourself with 1 of them being outside your comfort zone.
- 13** Send someone a thank you note. Let them know how much you appreciate them.
- 14** Add fish, eggs or nuts to your diet today. Omega-3s are linked to decreased rates of depression.
- 15** Write down 20 affirmations. Envision your goals as true and in the present tense.
- 16** Do not spend money today. Eat food you have at home!
- 17** Try meditation or deep breathing exercises. Focus on mindfully inhaling and exhaling for 2 minutes.
- 18** Challenge your brain with a crossword puzzle!
- 19** Go to bed an hour earlier than you normally would.
- 20** Go a day without sugar or any added sweeteners.
- 21** Trade a cookie for a squat - or any other physical activity that gets you up and moving!
- 22** At lunchtime, take a break from work and go for a 20 minute power walk.
- 23** Eat a healthy, home-cooked meal for every meal today.
- 24** Pick up that book you've been meaning to start and make time to read.
- 25** Turn off your smartphone, tablet, PC and television. Disconnect and have an electronics-free day!
- 26** Take a relaxing 20 minute Epson salt bath to soak away stress and relax.
- 27** Focus on your mentors. Sit quietly and think of someone who has unconditionally supported you.
- 28** Sit up straight! Good posture increases levels of serotonin in your system.
- 29** Drink water with apple cider vinegar. This gut-healthy probiotic lowers blood sugar and soothes digestion.
- 30** Be intentional with your day and focus on what you want!
- 31** Try yoga! Yoga increases blood flow, reduces stress and stimulates positive energy.

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AUGUST

- 1** Set aside time today to reflect on your Short- and long-term work, health and life goals.
- 2** Bake something healthy and share it with family or friends.
- 3** Spend 120 seconds visualizing your day and what you intend to accomplish.
- 4** Reconnect with someone you haven't spoken to in a while. Strong relationships bring happiness!
- 5** Add cinnamon to your breakfast. It naturally reduces stress and is helpful for relieving digestive complaints.
- 6** Eat good fats to promote a good mood! Try raw coconut, avocado, almonds, walnuts or pumpkin seeds.
- 7** Eat one green food per day for 21 days! Anything green, natural and from the earth counts!
- 8** Exercise with a partner, join a running group or take a class.
- 9** Cook in bulk! Choose a meal you love and make enough so you have leftovers for the week.
- 10** Carry a water bottle with you and refill it and drink it throughout the day.
- 11** Less is more: Make life simpler by scaling down and living more minimalistically.
- 12** Take a break from work and move. Sitting for too long can make you feel tired and can cause "brain fog."
- 13** Instead of shaking salt on your food, try using herbs to flavor instead.
- 14** Make the times you eat out really count by being selective.
- 15** Never shop on an empty stomach. You'll spend more on unhealthy foods if you shop while hungry.
- 16** Drink 8 ounces of water as soon as you wake up today...and every day!
- 17** Go plain! Enjoy your morning coffee or tea without sugar, milk or cream.
- 18** Resistance training can help you feel focused and motivated. Consider lifting weights as part of your fitness routine.
- 19** Headache? Consume ginger - it's a natural anti-inflammatory and will help balance your body.
- 20** Ditch negative self-talk and start rehearsing new, positive thoughts instead.
- 21** Have a positive relationship with food. Take pride in nourishing your body in the best way you can.
- 22** Make sleep a priority so your body can recharge. Sleep can also help with stress reduction.
- 23** Try a new and unusual food today.
- 24** Go for a walk tonight after dinner.
- 25** Eat foods rich in Vitamin B like nuts, seeds, leafy greens and berries for energy and to enhance focus.
- 26** Take 10 minutes to spend quietly and write down your thoughts and to-do's for next month.
- 27** Hold doors open for others and don't forget to say please and thank you. A little kindness goes a long way!
- 28** Don't drink your calories! Opt for water with lemon, coconut water or green tea to hydrate.
- 29** Put away your electronics and be social. Face-to-face interaction promotes longevity!
- 30** Write down 5 affirmations about success.
- 31** Choose glass over plastic for food storage.



SEPTEMBER

- 1** Take a hike! Brisk daily walks this September can bolster both your heart and lungs.
- 2** Prevent low blood sugar and alleviate stress by eating regular and small healthy meals each day.
- 3** Practice “neurobics” to activate your brain first thing in the morning by brushing your teeth with the “other” hand.
- 4** Be a copycat and stretch like a cat when you wake up. It boosts circulation and digestion.
- 5** Get what you give! If you give and never receive, you may experience fatigue. Include yourself in the giving!
- 6** Incorporate the trinity roots (ginger, garlic and onions) into your diet to help prevent colds and flu.
- 7** Bone density declines after the age of 30. Get your daily dose of calcium with magnesium for bone health.
- 8** Eat antioxidant-rich blueberries, strawberries and raspberries to help protect against heart disease and cancer.
- 9** Challenge yourself to write out 5 new affirmations today, and for the next 21 days!
- 10** Rev up your metabolism by alternating your speed and intensity during aerobic workouts.
- 11** Maintain a positive outlook and bring energy into a room instead of taking it away.
- 12** Do you like it spicy? Consuming chilies and peppers trigger powerful endorphins that help you feel good!
- 13** Herbal teas soothe frazzled nerves. If you’ve had a rough day, brew a cup of your favorite flavor!
- 14** Wrap with lettuce! Use lettuce in place of bread or tortillas when making sandwiches and wraps.
- 15** Live mindfully and focus on simple tasks. By slowing down and concentrating, you’ll clear your mind of worry.
- 16** Get a ball! If you spend time at your desk, sit on an exercise ball to help improve balance and core strength.
- 17** Don’t skip meals! You might find yourself in a panic from uncontrolled appetite surges.
- 18** Help boost your immune system by consuming fruit and vegetables rich in vitamin C.
- 19** Sugar can be addictive. Every time you have a craving, go for a walk or drink a glass of water instead.
- 20** If your joints ache from running on pavement, head for soft trails or a treadmill for less impact.
- 21** Rest heals the body. Go to bed early tonight!
- 22** Set realistic, short-term goals that will lead you to your longterm objectives. Every small step counts!
- 23** Make sure you consume enough calories. Very low calorie eating habits won’t help you in the long run.
- 24** To improve your fitness levels quickly, harness the joys of cardio interval training.
- 25** Eat whole and unprocessed foods whenever possible for optimal hormone function.
- 26** Incorporate more “play” into your life. Make time to play fetch with your dog or play ball with your kids.
- 27** Get outside and get some fresh air! Take a stroll around your neighborhood or walk through a local park.
- 28** Disconnect from tech an hour before bed and place your phone at least 5 feet away from where you sleep.
- 29** Did you know that you can boost your mood by eating nuts, fresh fruit or uncooked vegetables?
- 30** Challenge yourself to avoid foods with high-fructose corn syrup today.



- 1** Take advantage of the fall weather by heading outside and getting some fresh air.
- 2** Smile! Your body is more relaxed when you do, contributing to good health and a strong immune system.
- 3** Does your yard need some work? Raking leaves is a great way to get the heart pumping and burn calories.
- 4** Think outside the box and try something new this month.
- 5** If you watch a lot of TV, consider being active while you watch. During commercials, stretch or do squats.
- 6** Challenge yourself to walk 30 minutes a day! Stay motivated with inspirational music or audiobooks.
- 7** Walk your kids to school today. Walking is known to improve academic performance!
- 8** Wash your hands frequently (and remind the kids) to avoid the spread of germs.
- 9** Use the three C's to stay on track with your fitness goals – commitment, convenience and consistency.
- 10** Create a vision board. Make time to look at it daily and remind yourself what you're working towards.
- 11** Dress in layers when exercising outside so you can properly adjust to temperature changes.
- 12** Eat pumpkin! This low-calorie squash is a source of vitamin A, which is good for eyesight.
- 13** What's your why? What motivates you? Make a list and add it to your vision board.
- 14** Find a family member or friend with whom you can share your goals and let them help you stay accountable.
- 15** Drink a glass of water before each meal today.
- 16** Celery is a great low-calorie snack rich in vitamin A, potassium and fiber and is only 16 calories per cup!
- 17** Host a family dinner. Eating together can lead to more nutritious meals and improved communication.
- 18** Sore throat? Gargle with warm salt water (1 tsp salt per 1 cup of water).
- 19** Check your medicine cabinet for anything expired and dispose of it safely at your local pharmacy.
- 20** Write down 5 things, or people, that you are grateful for today.
- 21** Disinfect your doorknob! Wipe down common areas at home and at work to prevent the spread of germs.
- 22** Add cranberries to your meal. They're antioxidant-rich, packed with vitamin C and are only 45 calories a cup.
- 23** Balance blood sugar by having meals and snacks every 2-3 hrs. Portion size should reflect frequency!
- 24** Give yourself some credit. What you do and say really does make a difference.
- 25** At only 35 calories a cup, green beans are your go-to side for any meal. They are packed with protein and iron.
- 26** Trust your instincts! Listen to your inner voice for guidance throughout your day.
- 27** Fall is the time to rejuvenate body, mind and spirit. Take an art class or learn to meditate to promote wellness.
- 28** Sweet tooth? Consume dark chocolate moderately (90-100 kcal/day) to yield health benefits without weight gain!
- 29** Are the cooler temperatures getting to you? Start your morning with a bowl of oatmeal and cinnamon.
- 30** Create a schedule and checklist for next month. Having a system in place can help reduce stress.
- 31** Limit the treats you and your children have daily to prevent continuous, mindless eating and blood sugar spikes.

The statements made herein have not been evaluated by Health Canada or the U.S. Food and Drug Administration. None of the information presented is intended to diagnose, treat, cure or prevent disease.





NOVEMBER

- 1** Take 120 seconds in the morning to visualize what you want and 120 seconds at night to reflect on what worked.
- 2** Staring at a PC can make your eyes feel tired. Use the 20:20:20 rule. Every 20 minutes, look 20 feet away for 20 seconds.
- 3** Evaluate your sleep habits. Are you getting 7-9 hours? Is your night time routine consistent or in need of attention?
- 4** Be generous with your time and talents. Volunteer and reap the positive rewards associated with giving back.
- 5** Snack smart. If you've got a busy day ahead, be sure to pack healthy snacks to prevent binging at the end of the day.
- 6** Express gratitude today. Send a note, make a call or visit someone who has made a difference in your life.
- 7** Be physically active for 30 minutes/day. Regular exercise keeps hormone levels healthy and boosts the immune system.
- 8** Maintain a healthy weight without being underweight. Be sure to feed your body whole foods and water regularly.
- 9** Remove processed meat from your grocery list. Instead look for grassfed, free-range, antibiotic-free alternatives.
- 10** Drink water while physically active even if you don't feel thirsty. Water both rehydrates you and helps to metabolize fat.
- 11** Plants are calming and add Feng Shui to your environment. Add a plant to your home or office - remember to water it!
- 12** Add more steps! Use your smart phone or wearable technology to count the number of steps you take each day.
- 13** Go out of your way to perform a random act of kindness today!
- 14** Commit to spending at least an hour of quality time with your spouse, child or someone special today.
- 15** To reduce body inflammation, avoid corn, canola and sunflower oils, and choose olive, flax and coconut oils instead.
- 16** Tackling a new fitness regime can be a challenge. There will be ups and downs, setbacks and victories. Don't give up!
- 17** What habits would you like to stop? What habits would you like to start? Make a short list to put things into perspective.
- 18** Include raw or fermented foods in your diet. They are highly nourishing packed with vitamins and enzymes.
- 19** It's cupboard cleanout time! Remove items that you may have bought that are high in sodium, fat or sugars.
- 20** Keep your mind in shape by walking and listening to a new motivational or inspirational audiobook this month.
- 21** Distracted? Don't be! Don't eat, drink, apply makeup or use your phone while driving. #commonsense
- 22** Avoid drinking your calories! Fancy coffees, lattes and sugary drinks can squander your entire caloric count for the day.
- 23** Try to eat food that you can pick, pull out of the ground, chase after to obtain or that which comes from the ocean.
- 24** Journaling can help clarify thoughts and feelings. Spend 20 minutes writing to enhance emotional self-awareness.
- 25** The holiday season is upon us! Make a list of all the things you need to do now, so you won't stress later.
- 26** Happiness is a choice. You can choose to enjoy what you are doing or focus on negativity. What's your choice?
- 27** Inhale, exhale. Relaxation is a good way to clear the mind and find some inner happiness. Make time to breathe deeply today.
- 28** Start off small. No matter how high the mountain, focus on consistently taking one step at a time to reach the top.
- 29** Being connected 24/7 adds stress to our lives and can negatively affect us psychologically and physically. Unplug!
- 30** Encourage children to help prepare meals. They are more likely to eat and enjoy it when they have a sense of ownership.



DECEMBER

- 1** Share a fond memory with a family member or friend. 'Tis the season to reminisce and be grateful for all that we have.
- 2** Avoid caffeine at least 5 hours before bed for a more restful sleep.
- 3** Mentor someone. Share your expertise and wisdom, and remember that the teacher always learns the most!
- 4** Print family photographs and place them in plain sight. All too often our digital memories are forgotten on our devices.
- 5** Set out to complete at least one good deed for the day by helping someone less fortunate than yourself.
- 6** Tell someone that you love that you love them.
- 7** Maximize time at the dinner table and enjoy great conversations with your family.
- 8** Create a new tradition or team-building exercise with your family or at the office. "A successful team beats with one heart."
- 9** Remember how amazing your body is and be good to yourself. It gets you through each day, functions on demand and can heal itself.
- 10** Developing your pride and personal identity is a lifelong process. Have you decided who you want to be?
- 11** Simplify gift giving this holiday season by budgeting and splurging wisely.
- 12** Plan a weekly family fun night.
- 13** Use portion control to mind caloric intake. Balance party meals with other meals throughout the day.
- 14** Step out of the bubble that is the "daily grind" and take time tonight to stargaze.
- 15** Say great things about someone when they don't think you know they're listening.
- 16** Make time to sit down and read a novel by your favorite author.
- 17** Balance work, rest and play to keep your mood and immune system in check.
- 18** Do a "thought download" and release and let go all negativity from your day.
- 19** Make time to be alone in a quiet place today. Be as present in that moment as you can be for at least 5 minutes.
- 20** Believe in the power of play! By embracing play and a zest for life, you'll release stress and feel more balanced.
- 21** Challenge yourself to avoid complaining for the entire day today.
- 22** Hold a warm drink with both hands.
- 23** Set a weekly intention. Where do you want to be at the end of this year?
- 24** Start a daily gratitude practice with your family tonight by sharing one thing each you are thankful for.
- 25** Slow down to slim down. After eating it takes the brain 20 minutes to perceive being full. Take time to sit and savor holiday food flavors.
- 26** Be mindful of your sugar intake today to avoid a sugar hangover tomorrow!
- 27** Beat the blues by staying active. If the gym isn't an option, bundle up, get outside and go for a long walk.
- 28** Add your goals for the upcoming year to your vision board.
- 29** Create 5 new affirmations to focus on for the next 21 days. Ensure they're written in first person, present tense & in a positive light.
- 30** Take time to reflect today on all of your accomplishments from this year.
- 31** Choose your "One Word" to focus your intention in the coming year and share it!