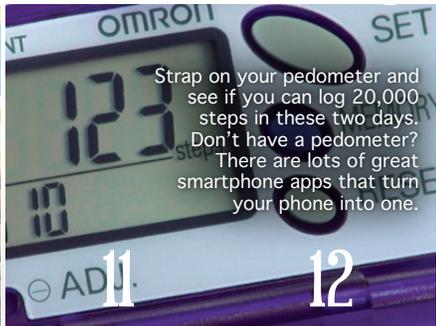
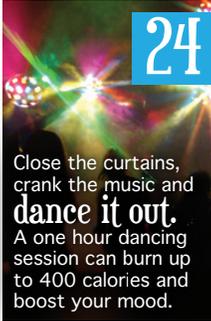


# 2013 january

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
		<b>1</b> <b>First things first...</b> Make a list of goals you want to accomplish by the 31st.	<b>2</b> <b>Happy Festival of Sleep Day!</b> Tonight, set yourself up for sleep success. About an hour before bed, turn off all screens, turn down the lights and do some meditation. Enjoy your 8 hours!	<b>3</b> <b>Focus on staying hydrated</b> today. Set a water goal in the morning and try to hit it before bedtime.	<b>4</b> <b>TGIF!</b> Happy Friday! Plan something fun for you and your family this evening. You deserve some fun!	<b>5</b> <b>Go hard.</b> Make today your hardest workout of the week! Push yourself! Tomorrow you can rest and recover.
<b>6</b> <b>Beantastic!</b> Happy International Bean Day! Skip the meat in tonight's dinner and use fiber- and protein-packed beans instead.	<b>7</b> <b>Today schedule your workouts</b> for the week. Go ahead and pencil them into your calendar like any other appointment.	<b>8</b> <b>Grateful.</b> Take a moment today and write down 10 things you are grateful for and why.	<b>9</b> <b>Winter Wonderland.</b> Do something fun and winter-y today for exercise. Try cross-country skiing, ice skating, sledding, or even just a snowball fight.	<b>10</b> See if you can get in at least <b>five servings of fruits and veggies today.</b>	<b>11</b>  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.	<b>12</b>
<b>13</b>  Take some time today to <b>make a menu</b> for the rest of the week.	<b>14</b> <b>Go hard.</b> Kick off your week right and make today your hardest workout of the week. Really push yourself!	<b>15</b> <b>Halfway!</b> 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?	<b>16</b> <b>17</b> Most people drop their New Year's resolutions by the third week in January. How are you doing with yours? Take this time to recommit to the resolutions that are still important to you and abandon the ones that aren't.	<b>18</b>  Meatless isn't just for Mondays anymore. <b>Skip the meat</b> and have a full day of vegetarian meals.	<b>19</b>  Happy <b>National Popcorn Day</b> Celebrate by air-popping a bowl, full of popcorn and enjoying a movie.	
<b>20</b> <b>Treat yo' self.</b> Read a magazine. Watch a movie. Have a cocktail. Do something just for you today! Enjoy!	<b>21</b> <b>22</b> Celebrate Martin Luther King, Jr.'s legacy by participating in the MLK Day of Service. You can find a list of local opportunities at <a href="http://mlkday.gov">mlkday.gov</a>	<b>23</b> <b>Be kind.</b> 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.	<b>24</b>  Close the curtains, crank the music and <b>dance it out.</b> A one hour dancing session can burn up to 400 calories and boost your mood.	<b>25</b> <b>Top of the class.</b> Find a local exercise class today and join in. Your first class is free at a lot of places.	<b>26</b> <b>Go hard.</b> Make today your hardest workout of the week! Push yourself! Tomorrow you can rest and recover.	
<b>27</b>  Happy <b>Chocolate Cake Day!</b> Celebrate by trying out this recipe for a healthier molten chocolate cake. <a href="http://bit.ly/cZQxTa">bit.ly/cZQxTa</a>	<b>28</b> <b>Smile.</b> Today is Blue Monday—AKA: the most depressing day of the year. Skip the sadness and focus on the happy things in your life today.	<b>29</b> <b>Walk it out</b> today. Carve out an hour or so and go walk around and enjoy the great outdoors.	<b>30</b> <b>31</b> Congrats! You made your January healthy! Make sure to check in with your goals and see how you did. Start thinking about February's goals while you're at it!			