

2018

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 it daily to see what little thing you can do to keep healthy and strong.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



HELLO December

1 Get Motivated

The Holidays are here! Eat healthy and stay hydrated in between all the festivities and shopping this month!

2

Push it up

Push ups work almost every muscle in the body. See how many you can do today.

3



Hydrate!

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

4

5

Go Hard

Happy Hump Day! Make today your hardest workout of the week. Tomorrow you can rest and recover.

6

Be Kind

The Holidays can get stressful. Be kind today and pay for someone's Starbucks drink or just tell someone they look nice.

7

Go Meatless Today!

Skip the meat today and eat your veggies!

8

Schedule your workouts

Pencil them into your calendar like any other appointment.

9

MORE SELF LOVE

10

Quick Morning Workout

15 Squats
5 Push ups
20 Jumping Jacks
Stretch

11

Holiday Giving

Find a drawer or closet and clean it out today! Instead of tossing stuff, donate it for the holiday season to a local charity.

12

Gingerbread House Day

The tradition can be traced back to the 1600s. Unleash your imagination and build a gingerbread house.

13

Try Out A Magazine Workout

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

14

Skip the elevator and take the stairs.

Studies show the risk of CARDIOVASCULAR disease is lower among those who regularly climb stairs.

15

Halfway There!

How are your goals going? What do you need to change to complete them before the new year?

16

See if you can get in **at least 5 servings** of fruits and veggies today.



17

Squat Jumps

Let's do a **squat jump** for the rest of the month! A bit of heart rate work while working on total body movement.

18

8-4-7 Breathing

1) Exhale deeply through mouth for 8 seconds.
2) Inhale through nose for 4 seconds.
3) Hold breath for 7 seconds.
4) Repeat.

19

Thinking about a yummy holiday gift idea? You simply can't go wrong with Salted Trail Mix Chocolate Bark... It's so quick to make and very festive to boot. Check out the recipe, <https://bit.ly/2BtsmN3>.

20

21

Winter Solstice

Eat more Vitamin-D rich foods to balance the lack of sunlight this month.

22

UGLY SWEATERS DAY

23

Traveling for the Holiday's?

If flight delays leave you with extra time at the airport, take advantage of it. Take a hike through the terminal.

24

Eggnog Day

Are you in charge of making the eggnog tonight? Try this healthy recipe-
<https://bit.ly/2r14tX0>



25

KEEP CALM AND ENJOY CHRISTMAS

26

Plan to Relax

Staying fit is important, but so should spending time with friends and family. If you want to do both, involve everyone in some yoga stretches.

27



28

Go Hard

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

29

New Year's Goals

The new year is almost here! Think about some 2019 healthy habits you can start.

30

Food Prep

Thinking about eating healthier in 2019? Start food prepping healthy meals for the week.

31

Happy New Year's Eve

Make today count! Reflect on 2018 today and think about how to rock 2019 with new and improved wellness goals!

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

GOALS