

# 2019

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



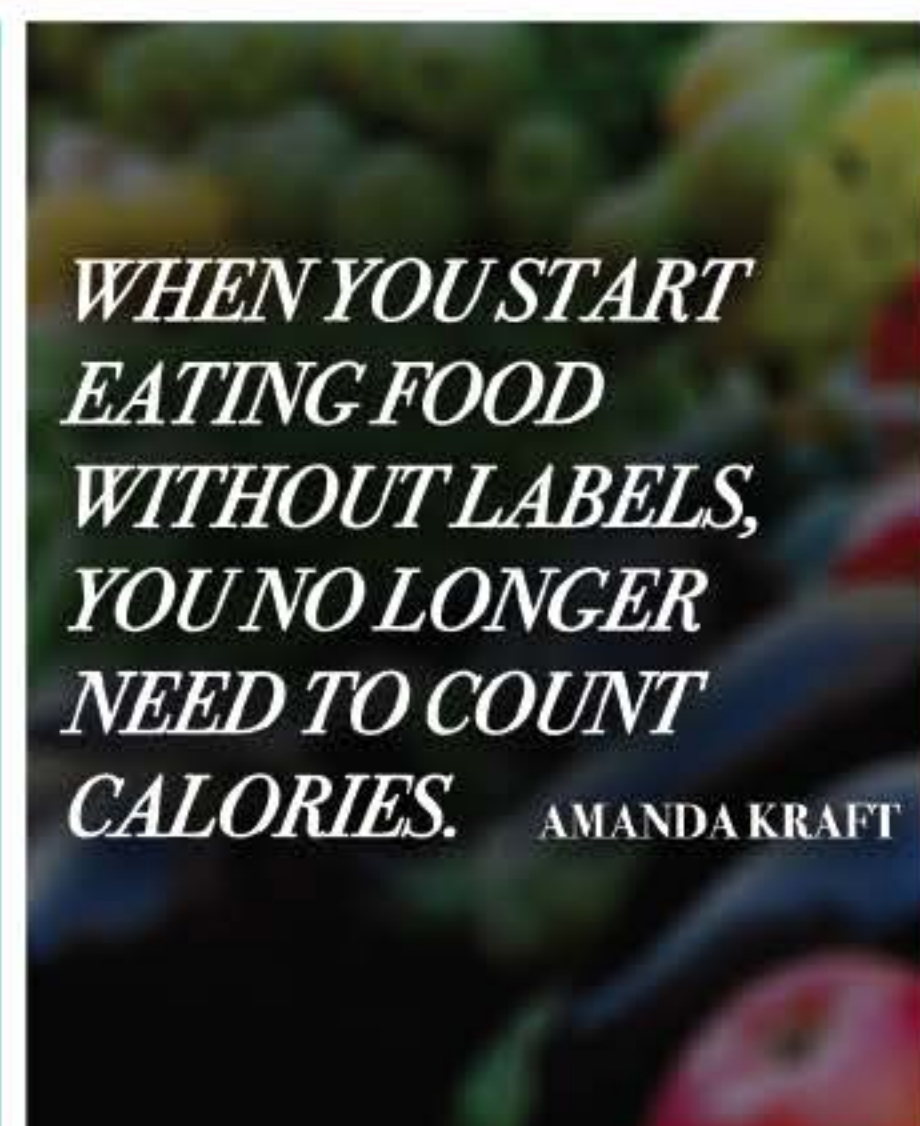
**2**  
**First Up**  
Make a *list of goals* you want to accomplish by the end of the month.

**3**  
**Skip TV Time**  
and alternate going for a walk or run. Yes, even if you DVR your shows.

**4**  
**Go Hard**  
Happy Friday! Make today your hardest workout of the week. Tomorrow you can rest and recover.



**6**  
**Time To Detox**  
Want some easy detox drink ideas you can make from home? Check this link out: <https://bit.ly/2QTFHwq>

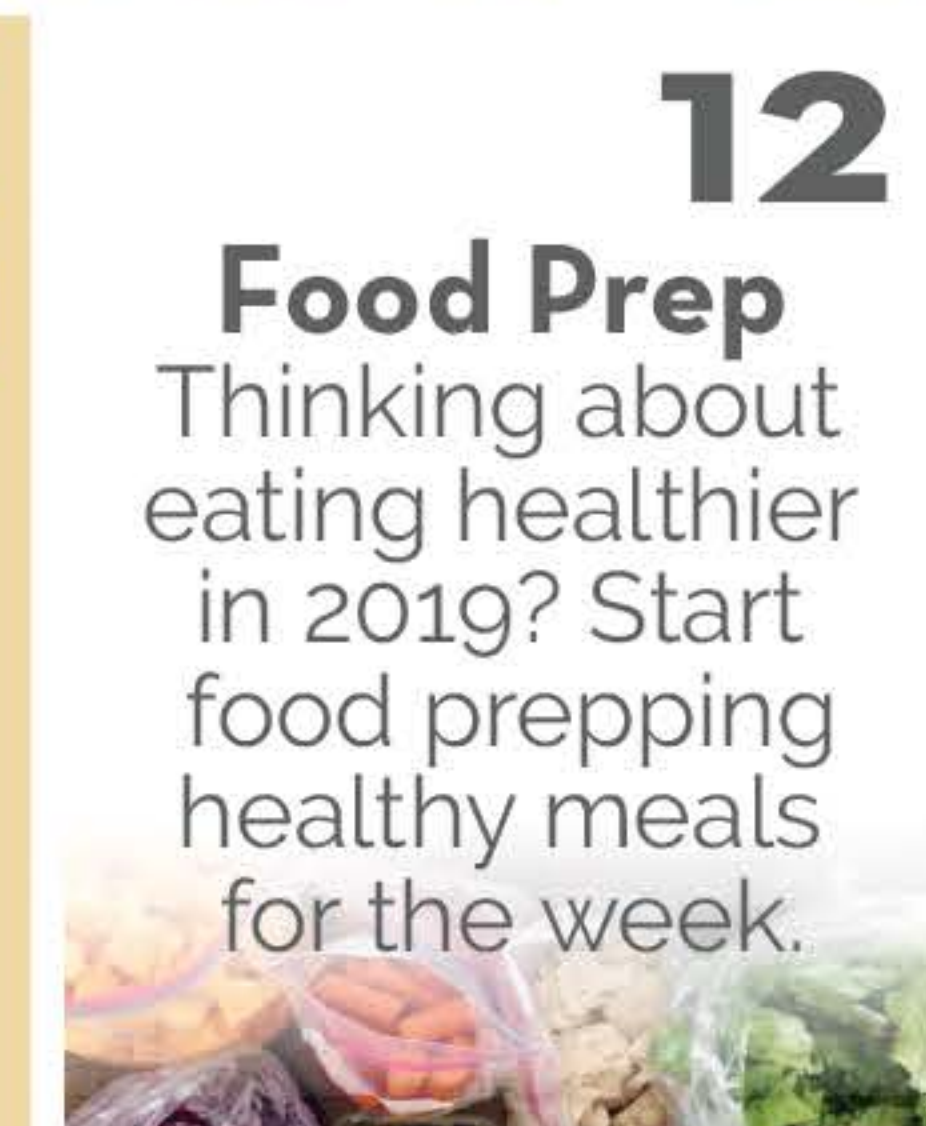


**8**  
**Squat Jumps**  
Let's do a *squat jump* for the rest of the month! A bit of heart rate work while working on total body movement



**10**  
**Houseplant Appreciation Day**  
Growing houseplants is pretty easy. They need a little sunlight, water, occasional nutrients, and a little love.

**11**  
**Get Motivated**  
When you feel like quitting... think about why you started and motivate someone else today.



**13**  
**Challenge Yourself**  
Try Tabata Training. This is a 4-minute routine consisting of eight work/rest cycles.



**15**  
**Halfway There!**  
The month is halfway over. Check in with this month's goals and stay on track.



**17**  
**Quick Morning Workout**  
50 Jumping Jacks  
50 high knee skips  
10 Burpees  
50 Criss Cross Jacks

**18**  
**Skip the elevator and take the stairs.**  
Studies show the risk of **CARDIOVASCULAR** disease is lower among those who regularly climb stairs.



**20**  
**Soup Swap Day**  
is a day to spend quality time with family and friends and share some homemade soup for everyone take home.

**21**  
**Go Hard**  
Make today your hardest workout of the week. Tomorrow you can rest and recover.

**22**  
**Don't let FOOD be the BOSS of you.**



**25**  
**TGIF!**  
Happy Friday! Now that you've gotten through the week, plan something fun with family and friends tonight!

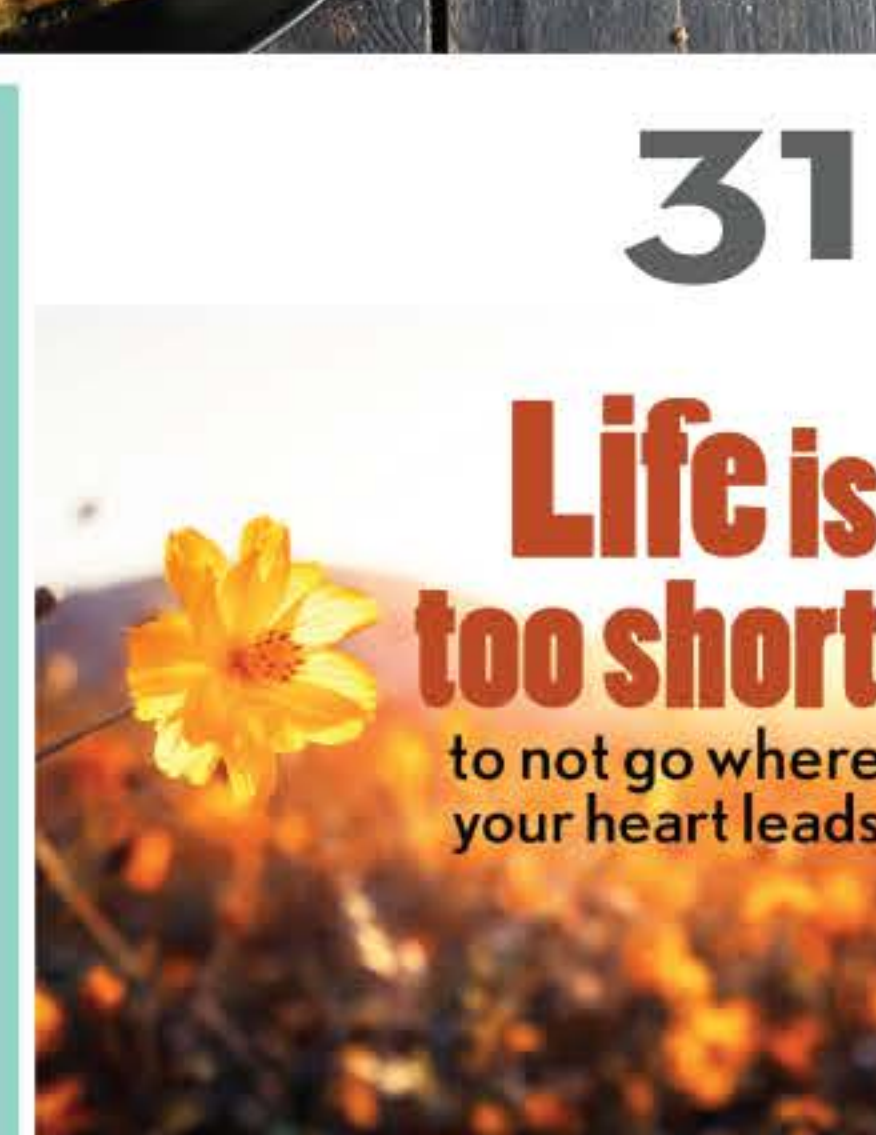
**26**  
**Be Kind**  
Random acts of kindness make everyone feel good. Pay for someone's Starbucks drink today, or just tell someone they look nice.

**27**  
**Treat Yourself**  
Read a good magazine or watch a movie today. Make time for you!



**29**  
**Hydrate!**  
Have you been drinking enough water? Start with 16 ounces as soon as you get out of bed. It kickstarts your metabolism!

**30**  
**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.



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

# GOALS