



New Beginnings

- Start fresh, put last year's regrets to rest.
- Begin making small changes to impact your health and happiness.
- Create a life that makes you excited!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	1	2	3	4
5	6 Walk to a colleagues' desks instead of emailing them.	7	8	9 Roast your veggies at 450° for 20 minutes; Toss in 1 TBSP olive oil, Italian spice, salt and pepper.	10	11
12	13 Take the long way to the copier.	14	15	16 Purchase fruit and keep in your office fridge for a quick grab-it snack.	17	18
19	20 Take the stairs instead of the elevator	21	22	23 Try cauliflower rice or spiral steamed veggie noodles instead of pasta.	24	25
26	27 Park in the farthest parking spot.	28	29	30 Try using raw veggie slices instead of crackers for snacks or sandwiches.	31	1

EATWell

Replace a bread or carb with a vegetable and a dessert with a fruit.



MOVEWell

For every 60 minutes you sit, get up and move for 3 minutes.



LIVEWell

Know your numbers! Schedule a wellness screening.

