



January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Try a 30 minute mindful activity like reading a book or going for a walk.	2 Eat 5 fruits and vegetables today!	3	4 Look for "The Right Choice For A Healthier You" nutrition program at work in the vending machines or micro markets – enjoy healthier selections at your fingertips!	5 When was the last time you tried a push-up?	6	7 Try recipes from www.sparkrecipes.com Fast and delicious!
8	9 How are your SMART goals going so far? Specific, Measureable, Attainable, Realistic, Timely	10	11 Remember 8 cups of water daily, high water content foods are great source too! (sugar free jello, fruits, and even some vegetables!)	12	13 Take 5 minute "time-out" to recalculate and to enjoy the moment	14
15 Make your own room freshener by mulling on the stove cinnamon sticks, whole allspice and cloves, orange peels and apple cider.	16	17 Plank for 1 minute straight – keep your back strong!	18	19 Have questions on "The Right Choice For A Healthier You" nutrition program? contact: carmen@usconnect.biz	20 Invest in a good pair of sneakers for daily walks or runs!	21 Record your food intake on the free MyFitnessPal app or online.
22	23 Have "3 fists" worth of vegetables at dinner as a general rule of thumb to get your vegetables in and enjoy plant based meals.	24 Thirsty? Try "The Right Choice For A Healthier You" beverage from the vending machine or micromarket closest to you!	25 Get a massage to reduce tension and help with trigger spots!	26	27 Try avocado on your salad or sandwich today! Rich in monounsaturated fats and Vitamin E.	28
29 Enjoy in small talk with a friend or neighbor – even 10 minutes helps with memory and improves mental function.	30	31 Try one habit change at a time – the longer you work on it the longer it sticks around and becomes a part of your routine!	®			



Check out www.therightchoiceforahealthieryou.com for nutritional guidelines and calorie disclosures!