



# **Live Well Planner**

**2022**

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**UNLAND**  
INSURANCE & BENEFITS

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# Introduction

These days, you may feel overwhelmed with all the health-related information available to you. However, there are really only a few basic tips to keep in mind for optimal health.

Living a healthy lifestyle is easier said than done, though. That's where the Live Well Planner can help. The Live Well Planner provides you with the tools you need to feel and live healthier than ever before. Each month features exercise, diet and overall wellness articles, while each week provides you with plenty of space to plan your meals, log your workouts, plan your daily activities and appointments—or all of the above! As a bonus, the last page of every month's section will feature a healthy, easy and delicious recipe for you to try.

Staying organized; planning your days, workouts or meals; and having access to wellness information and healthy recipes are great ways to get yourself on track to achieve your wellness goals. However, please remember that you should speak with a medical professional before beginning a diet and fitness regimen. Together, you and your doctor can decide the best diet and fitness plan, create reasonable goals and establish a safe, tenable timeline for you to achieve your wellness goals.

## Want to Print?

Printing out this Live Well Planner is recommended. If you prefer to print out the planner on a month-by-month basis, please follow these instructions:

1. Choose the "Print" option from the "File" menu.
2. Under the "Settings" option, click on the arrow next to "Print All Pages" to access the drop-down menu. Select "Custom Print" and enter the page number range you would like to print, or enter the page number range you would like to print in the "Pages" box.
3. Click "Print." For more information, please visit the [Microsoft Word printing support page](#).

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# January 2022

## 5 Ways to Start Your Year Off Right

Like many other people, you may be thinking about what you would like to accomplish in 2022 or what life changes you could make. Common New Year's resolutions include losing weight, exercising, getting organized, learning new skills and saving money.

Additionally, the pandemic has likely given you time to reflect and think about what you'd like to change about your lifestyle. This is an excellent time to make positive life changes and strive for an overall healthier self.

Consider the following five tips to start the new year off right:

1. **Check in on your mental health.** Mental health is just as important as physical health in building a healthy lifestyle. Reach out to a professional if you need help.
2. **Be social.** The COVID-19 pandemic triggered feelings of loneliness for many. Reconnect with others virtually or while practicing social distancing. Be social in a way that you're comfortable with.
3. **Get regular checkups.** Stay up to date on your annual physicals and necessary health tests. Screenings can help identify health issues to be addressed.
4. **Drink more water.** Consuming sugary drinks, like juice or soda, can cause liver damage, premature aging and anxiety. Avoid excessive alcohol consumption as well.
5. **Count nutrients, not calories.** Focus on improving the overall quality of your diet and not getting hung up on calories. Achieve this by adding more fiber, protein and probiotics to your diet.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

If you do just one thing in 2022, try making time for yourself. Identify the activities that make you happy or fulfilled and prioritize them. Talk to your doctor or mental health professional for guidance and support with lifestyle changes.

## It's National Blood Donor Month

Winter is one of the most difficult times of the year to collect enough blood products and donations to meet patient needs. That's why National Blood Donor Month is celebrated every January. This month, resolve to be a blood donor and consider the following health benefits of donating blood regularly:

- **Detects health problems**—Donated blood is tested, so you can find out if any irregularities were found. You're also required to undergo a quick health screening before giving blood.
- **Reduces heart disease risks**—Donating can help eliminate any excess buildup of iron in the blood, which can lower your risk for a heart attack.
- **Burns calories**—The blood donation process typically burns 650 calories.

Before you roll up your sleeve and commit to being a regular blood donor, check if you meet the American Red Cross' [requirements](#) to donate blood safely.

# January 2022

**Week 1** Dec. 26–Jan. 1

GOALS/TO-DO LIST	SUN 26	
	MON 27	
	TUE 28	
	WED 29	
	THU 30	
	FRI 31	
	SAT 1	

# January 2022

**Week 2** Jan. 2-Jan. 8

GOALS/TO-DO LIST	SUN 2	
	MON 3	
	TUE 4	
	WED 5	
	THU 6	
	FRI 7	
	SAT 8	

# January 2022

**Week 3** Jan. 9-Jan. 15

GOALS/TO-DO LIST	SUN 9	
	MON 10	
	TUE 11	
	WED 12	
	THU 13	
	FRI 14	
	SAT 15	



# January 2022

**Week 4** Jan. 16-Jan. 22

GOALS/TO-DO LIST	SUN 16	
	MON 17	
	TUE 18	
	WED 19	
	THU 20	
	FRI 21	
	SAT 22	

# January 2022

**Week 5** Jan. 23-Jan. 29

GOALS/TO-DO LIST	SUN 23	
	MON 24	
	TUE 25	
	WED 26	
	THU 27	
	FRI 28	
	SAT 29	



# January 2022

**Week 6** Jan. 30-Feb. 5

GOALS/TO-DO LIST	SUN 30	
	MON 31	
	TUE 1	
	WED 2	
	THU 3	
	FRI 4	
	SAT 5	

# Three-Can Chili

January 2022 Recipe



Makes: 6 servings

## Ingredients

15.5 oz. can low-sodium pinto, kidney,  
red or black beans (undrained)  
15 oz. can corn (drained)  
15 oz. can crushed tomatoes (undrained)  
Chili powder, to taste

## Nutritional information for 1 serving

Calories	129
Total fat	1 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	418 mg
Carbohydrate	27 g
Dietary fiber	6 g
Total sugars	4 g
Added sugars included	0 g
Protein	6 g

## Directions

1. Place the contents of all three cans into a pan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly.
5. Refrigerate leftovers.

# February 2022

## Most Adults Shouldn't Take Daily Aspirin to Prevent Heart Attack

Heart disease is the leading cause of death for both women and men in the United States, causing about 659,000 deaths annually, according to the Centers for Disease Control and Prevention (CDC). As such, taking a daily low-dose aspirin has long been recommended for heart health. However, significant bleeding risks drove this recommendation change. The same process that lets aspirin prevent blood clots from forming can also increase a person's risk of bleeding because it prevents blood from clotting at the wound site. Notably, aspirin can cause life-threatening digestive tract bleeding or ulcers.

The U.S. Preventive Services Task Force now recommends that adults ages 40 to 59 who are at a higher risk for cardiovascular disease but don't have a history of it should decide with their health care provider whether to start taking aspirin. Additionally, the guidance says that adults 60 years and older shouldn't start taking aspirin to prevent heart disease and stroke. However, the Task Force continues to recommend that people who are already taking aspirin for a previous heart attack or stroke should continue to do so unless told otherwise by their clinician. If you have questions about taking aspirin, talk to your doctor.



## Don't Delay Preventive Care

The once-a-year checkup has been considered a standard of health care, but many people may be putting off routine appointments during the pandemic. Preventive care allows health care providers to detect diseases or medical problems before they turn serious. Preventive care includes physical and mental health screenings, cancer screenings, annual checkups and immunizations.

Telemedicine makes it possible for you to talk to a doctor about your health, receive a prescription and obtain treatment recommendations from the comfort and safety of your home. Telemedicine shouldn't be used for emergency care situations but can be a great way to stay up to date on preventive care. Your physical and mental health are important, so don't put it on the back burner.

While many major health plans cover telemedicine services, be sure to check your plan's explanation of benefits to avoid any surprise costs.

# February 2022

**Week 1** Feb. 6-Feb. 12

GOALS/TO-DO LIST	SUN 6	
	MON 7	
	TUE 8	
	WED 9	
	THU 10	
	FRI 11	
	SAT 12	

# February 2022

**Week 2** Feb. 13-Feb. 19

GOALS/TO-DO LIST	SUN 13	
	MON 14	
	TUE 15	
	WED 16	
	THU 17	
	FRI 18	
	SAT 19	

# February 2022

**Week 3** Feb. 20-Feb. 26

GOALS/TO-DO LIST	SUN 20	
	MON 21	
	TUE 22	
	WED 23	
	THU 24	
	FRI 25	
	SAT 26	



# February 2022

**Week 4** Feb. 27-March 5

GOALS/TO-DO LIST	SUN 27	
	MON 28	
	TUE 1	
	WED 2	
	THU 3	
	FRI 4	
	SAT 5	



# Slow Cooker Lentil Soup

February 2022 Recipe



Makes: 6 servings

## Ingredients

6 cups water  
¼ cup fresh parsley (chopped, or 2 Tbsp. dried parsley)  
2 tsp. beef bouillon  
1 ½ cups lentils (dry)  
2 medium carrots (sliced)  
1 medium onion (chopped)  
2 celery stalks (sliced)

## Directions

1. Mix all ingredients in a slow cooker.
2. Cook on the low setting for 8-10 hours or on the high setting for 4-5 hours.
3. Serve hot with crackers or bread.

## Nutritional information for 1 serving

Calories	175
Total fat	1 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	179 mg
Carbohydrate	31 g
Dietary fiber	12 g
Total sugars	4 g
Added sugars included	0 g
Protein	13 g

# March 2022

## Prepare for Tax Season

Tax season is almost upon us, and you must have all the information you need to file your 2021 tax returns. Below is some general information to help you understand the filing process.

Many people elect to file their tax returns electronically. This can be done in various ways, such as using tax preparation software or consulting a tax return professional. If you are filing with a paper form, there are certain documents you must be sure to include. Required forms include the following:

- A copy of your W-2 for each of your employers over the last calendar year.
- A copy of Form W-2C (a corrected W-2 form), if received from your employer.
- A copy of Forms W-2G and 1099-R, if federal income tax was withheld.

If you have any specific questions related to your filing situation, it is important to consult with a tax professional.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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6	7	8	9	10	11	12
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## Ergonomics Is the Way to a Pain-free Workday

The discomfort and pain from slouching at a desk all day are prevalent, with many office workers suffering pain at least once a week. Avoid unnecessary discomfort at work by focusing on your posture and making your workstation ergonomically appropriate. When applied to your workstation, these two tips will help promote good posture and correct ergonomics:

- **Chair position**—Adjust the height of your chair so that your feet rest comfortably on the floor, with your knees about level with your hips, making sure your seat is not pressing against the back of your knees.
- **Computer monitor**—Position your monitor 18 to 30 inches from your eyes. The top of your screen should be at eye level or below so you look slightly down at your work. If glare is a problem, turn off some or all overhead lights and close blinds if possible.

# March 2022

**Week 1** March 6-March 12

GOALS/TO-DO LIST	SUN 6	
	MON 7	
	TUE 8	
	WED 9	
	THU 10	
	FRI 11	
	SAT 12	

# March 2022

**Week 2** March 13-March 19

GOALS/TO-DO LIST	SUN 13	
	MON 14	
	TUE 15	
	WED 16	
	THU 17	
	FRI 18	
	SAT 19	

# March 2022

**Week 3** March 20-March 26

GOALS/TO-DO LIST	SUN 20	
	MON 21	
	TUE 22	
	WED 23	
	THU 24	
	FRI 25	
	SAT 26	

# March 2022

**Week 4** March 27-April 2

GOALS/TO-DO LIST	SUN 27	
	MON 28	
	TUE 29	
	WED 30	
	THU 31	
	FRI 1	
	SAT 2	



# Gingery Quinoa With Green Beans

March 2022 Recipe



Makes: 4 servings

## Ingredients

1 cup quinoa  
1 ½ cups water or broth  
2 cups green beans  
2 ½ Tbsp. lemon juice  
1 Tbsp. olive oil  
1 Tbsp. sesame oil  
2 Tbsp. soy sauce  
¼ tsp. ground ginger

## Nutritional information for 1 serving

Calories	239
Total fat	9 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	486 mg
Carbohydrate	33 g
Dietary fiber	6 g
Total sugars	2 g
Added sugars included	0 g
Protein	7 g

## Directions

1. Toast quinoa in a dry skillet over medium heat, constantly stirring for about 3 minutes.
2. Put quinoa in a medium pot and add water or broth.
3. Bring to a boil, then let simmer until all of the water is absorbed and quinoa is tender (10-20 minutes).
4. Set aside and leave uncovered to cool.
5. While quinoa is cooling, microwave the green beans until just tender.
6. Rinse in cold water to stop the cooking process.
7. Combine the quinoa, olive oil, sesame oil, green beans, lemon juice, soy sauce and ground ginger in a large bowl. Stir well.
8. Season with salt and pepper.
9. Serve at room temperature.



# April 2022

## Alleviate Spring Allergies

Allergy season is already upon us in certain parts of the United States. Keep the following tips in mind if you are affected by seasonal allergies when spring arrives in your area:

- Take off your shoes as soon as you get home and leave them by the door. This will reduce the number of pollutants inside your home.
- Avoid going outdoors when the pollen count is high, typically during hot, dry and windy days.
- Do some spring cleaning. Dust accumulated indoors throughout the winter can sometimes be worse than outdoor allergies.

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, talk to your doctor.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## The Dangers of Distracted Driving

According to the CDC, eight people are killed every day in accidents that involve a distracted driver in the United States. The National Safety Council observes April as Distracted Driving Awareness Month to draw attention to this problem.

Distracted driving is driving while doing another activity that takes your attention away from the road. It can significantly increase the chance of a motor vehicle crash. While there is little you can do to control other people's driving, you can do plenty to reduce your own distractions. There are three main types of distractions:

1. **Visual**—Taking your eyes off the road.
2. **Manual**—Taking your hands off the wheel.
3. **Cognitive**—Taking your mind off of driving.

By practicing safe driving techniques, you can significantly reduce your chances of being involved in an auto accident. In addition to avoiding distractions, it's important to be aware of other drivers around you and adjust your driving accordingly.

# April 2022

**Week 1** April 3-April 9

GOALS/TO-DO LIST	SUN 3	
	MON 4	
	TUE 5	
	WED 6	
	THU 7	
	FRI 8	
	SAT 9	

# April 2022

**Week 2** April 10-April 16

GOALS/TO-DO LIST	SUN 10	
	MON 11	
	TUE 12	
	WED 13	
	THU 14	
	FRI 15	
	SAT 16	

# April 2022

**Week 3** April 17-April 23

GOALS/TO-DO LIST	SUN 17	
	MON 18	
	TUE 19	
	WED 20	
	THU 21	
	FRI 22	
	SAT 23	

# April 2022

**Week 4** April 24-April 30

GOALS/TO-DO LIST	SUN 24	
	MON 25	
	TUE 26	
	WED 27	
	THU 28	
	FRI 29	
	SAT 30	

# Pasta Primavera

April 2022 Recipe



Makes: 3 servings

## Ingredients

1 cup noodles (uncooked)  
1 Tbsp. vegetable oil  
2 cups mixed vegetables (chopped)  
1 cup tomatoes (chopped)  
1 Tbsp. margarine  
¼ tsp. garlic powder  
1/8 tsp. black pepper  
3 Tbsp. Parmesan cheese

## Nutritional information for 1 serving

Calories	336
Total fat	11 g
Saturated fat	2 g
Cholesterol	3 mg
Sodium	147 mg
Carbohydrate	48 g
Dietary fiber	8 g
Total sugars	6 g
Added sugars included	0 g
Protein	11 g

## Directions

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and saute until tender.  
Stir constantly.
4. Add tomatoes and saute for two more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings. Sprinkle with Parmesan cheese.



# May 2022

## It's Food Allergy Action Month

Food allergies are a growing food safety and health concern that affects millions of Americans. In fact, every three minutes, a food allergy sends someone to the emergency room. A food allergy is an immune system reaction that occurs to specific foods—and some reactions can be life-threatening. May is Food Allergy Action Month and a great time to learn about food allergies to help keep people with allergies safe at home, at work and in the classroom.

More than 170 foods have caused allergic reactions. However, about 90% of allergic reactions occur from foods on the “Big 8” list. Those common food allergens include:

- Milk
- Eggs
- Fish
- Shellfish
- Wheat
- Soy
- Peanuts
- Tree nuts

Since food allergies can be severe, it's important to be aware of the warning signs. The most common food allergy symptoms include tingling in the mouth, facial swelling, hives and wheezing. If possible, it's best to see your doctor when an allergic reaction is happening.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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29	30	31				

## Breathing Exercises for Anxiety

When anxious, you tend to take rapid, shallow breaths from the chest. Chest breathing can result in increased heart rate, dizziness and muscle tension. During abdominal or diaphragmatic breathing, you instead take even, deep breaths, which reduces the amount of work your body needs to do to breathe.

If you're feeling breathless because of anxiety, try the following techniques to alleviate symptoms:

- **Equal breathing**—From a sitting or lying-down position, inhale for the same amount of time as you're exhaling. Try using a four-second count and be mindful of your lungs filling and emptying.
- **Mindful breathing**—Focus on your breathing and bring your mind's attention to the present. Don't let your mind drift to any concerns.
- **Slow breathing**—You usually take 10 to 20 breaths per minute, so strive to take four to 10 breaths per minute.
- **Resonant breathing**—Lie down and close your eyes. Gently breathe in through your nose for six seconds and slowly exhale for six seconds. Try this for 10 minutes. The goal is to take long slow breaths to get into a relaxed state.

If these types of breathing feel challenging, try again in a day or so or gradually build up the time. If your anxiety persists or gets worse, contact your doctor.



# May 2022

**Week 1** May 1-May 7

GOALS/TO-DO LIST	SUN 1	
	MON 2	
	TUE 3	
	WED 4	
	THU 5	
	FRI 6	
	SAT 7	

# May 2022

**Week 2** May 8-May 14

GOALS/TO-DO LIST	SUN 8	
	MON 9	
	TUE 10	
	WED 11	
	THU 12	
	FRI 13	
	SAT 14	

# May 2022

**Week 3** May 15-May 21

GOALS/TO-DO LIST	SUN 15	
	MON 16	
	TUE 17	
	WED 18	
	THU 19	
	FRI 20	
	SAT 21	

# May 2022

**Week 4** May 22-May 28

GOALS/TO-DO LIST	SUN 22	
	MON 23	
	TUE 24	
	WED 25	
	THU 26	
	FRI 27	
	SAT 28	

# May 2022

**Week 5** May 29-June 4

GOALS/TO-DO LIST	SUN 29	
	MON 30	
	TUE 31	
	WED 1	
	THU 2	
	FRI 3	
	SAT 4	

# Pineapple Chicken

May 2022 Recipe



Makes: 5 servings

## Ingredients

2 ½ pounds boneless skinless chicken  
¼ tsp. salt  
1/8 tsp. black pepper  
20 oz. can pineapple (crushed or chunks)  
2 oz. water

## Nutritional information for 1 serving

Calories	303
Total fat	6 g
Saturated fat	2 g
Cholesterol	141 mg
Sodium	240 mg
Carbohydrate	8 g
Dietary fiber	0 g
Total sugars	7 g
Added sugars included	0 g
Protein	52 g

## Directions

1. Coat frying pan with nonstick cooking spray and set heat to low.
2. Once the pan heats up, add chicken. Sprinkle with salt and black pepper.
3. Cook uncovered until chicken begins to brown, then add pineapple and water.
4. Cover chicken and cook until chicken is tender.
5. Serve over rice.



# June 2022

## Benefits of Buying Seasonal Produce

In today's market, it's normal to see the same produce available year-round. However, that doesn't mean the quality is the same throughout the seasons. Eating seasonally means you are simply taking advantage of the harvest schedule and enjoying produce at its peak.

Shop for seasonal produce and reap the following benefits:

- **Fresher food**—Seasonal produce likely is recently picked and hasn't been sitting on a truck or in a warehouse for weeks.
- **Better taste**—In-season produce retains its nutritional value and tastes better, sweeter and perfectly ripe. If the item is tasty, you'll likely eat more of it. That's a healthy win-win.
- **Lower costs**—When produce is in season, farmers harvest larger crops. The increased supply may mean lower prices for you.
- **Reduced carbon footprint**—Out-of-season produce is typically imported or takes more energy to grow due to the need for greenhouses.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## Health Benefits of Gardening

Many Americans are growing their own vegetables, fruits and herbs. According to the Garden Media Group, 16 million people started gardening during the pandemic last year.

Gardening is a great way to spend time outdoors—and get some exercise. The CDC counts activities like raking and cutting grass as light to moderate exercise, while shoveling, digging and chopping wood are vigorous exercises. In addition to physical activity, consider these health benefits of gardening:

- Increased vitamin D levels essential for body functions
- Boosted self-esteem
- Improved mood
- Reduced stress and anxiety



# June 2022

### Week 1 June 5-June 11

[illegible]

# June 2022

## Week 2 June 12-June 18

GOALS/TO-DO LIST	SUN 12	
	MON 13	
	TUE 14	
	WED 15	
	THU 16	
	FRI 17	
	SAT 18	

# June 2022

### Week 3 June 19-June 25

GOALS/TO-DO LIST	SUN 19	
	MON 20	
	TUE 21	
	WED 22	
	THU 23	
	FRI 24	
	SAT 25	

# June 2022

**Week 4** June 26-July 2

GOALS/TO-DO LIST	SUN 26	
	MON 27	
	TUE 28	
	WED 29	
	THU 30	
	FRI 1	
	SAT 2	

# Overnight Oatmeal With Berries

June 2022 Recipe



Makes: 1 serving

## Ingredients

½ cup low-fat milk  
¼ cup fat-free Greek yogurt  
2 tsp. honey  
¼ tsp. cinnamon  
¼ tsp. vanilla extract  
½ cup rolled oats (uncooked)  
¼ cup frozen raspberries

## Nutritional information for 1 serving

Calories	311
Total fat	4 g
Saturated fat	1 g
Cholesterol	7 mg
Sodium	86 mg
Carbohydrate	53 g
Dietary fiber	9 g
Total sugars	21 g
Added sugars included	11 g
Protein	17 g

## Directions

1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate for eight hours or overnight.
5. Enjoy cold or heat as desired.

# July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Grilling Safety Tips

As warmer weather hits, the smell of food on the grill fills the air. According to the National Fire Protection Association, nearly 9,000 home fires each year involve grills, so it's essential to brush up on barbecue safety. Consider the following grilling safety tips:

- Do not let children or pets play near the grilling area until the grill is completely cool.
- Place your grill at least 3 feet away from other objects—including your house, trees and outdoor seating. Also, do not use your grill directly below your roof or any low-hanging tree branches, as these items could catch fire.
- Before using a gas grill, check the connection between the propane tank and the fuel line to ensure it is working correctly and not leaking.
- Turn off the grill and the gas if your propane grill's flame goes out. From there, wait at least five minutes before relighting the grill.
- Do not bring your grill into an unventilated or enclosed space—such as the garage or inside your home. This is not only a significant fire hazard; it is also a carbon monoxide hazard.

Not only can grills start fires, but they can also cause burns. That's why it's important to exercise caution as you flip foods on the grill to ensure your hand and arm safety.

## Outdoor Exercise Safety Tips

By moving your workout outdoors, you can boost your mood and improve your concentration. You don't even need to stick to your own yard or neighborhood. Jogging trails, exercise parks, sports fields and stairs provide endless opportunities to switch up your workout. But working out in hot and humid weather can put extra stress on your body, so consider the following tips to exercise outside safely:

- **Avoid the hottest part of the day.** If possible, plan your workout before 10 a.m. or after 3 p.m. to dodge those intense sun rays.
- **Wear light-colored clothing.** Dark colors absorb the heat, while light colors will reflect the sun. Lightweight, loose-fitting clothing will help air circulate and keep you cool.
- **Apply sunscreen.** Opt for a broad-spectrum sunscreen that's at least 30 sun protection factor (SPF). Reapply every two hours, even if the label says it's sweatproof.
- **Stay hydrated with water.** Drink water before you head out, and try to take sips every 15 minutes during your workout—whether you're thirsty or not.
- **Replenish your electrolytes.** Instead of reaching for a sports drink after a workout, consider replacing electrolytes through real food like chia seeds, kale, coconut, or fruits and vegetables.
- **Listen to your body.** If you're feeling dizzy, faint or nauseous, stop immediately. Sit down in the shade and drink some water until you're feeling better.

Experts recommend at least 150 minutes of moderate aerobic activity each week, so get out there and get moving. Your body may need to adapt to outdoor workouts, so follow its lead and gradually pick up the pace or intensity.



# July 2022

**Week 1** July 3-July 9

GOALS/TO-DO LIST	SUN 3	
	MON 4	
	TUE 5	
	WED 6	
	THU 7	
	FRI 8	
	SAT 9	

# July 2022

**Week 2** July 10-July 16

GOALS/TO-DO LIST	SUN 10	
	MON 11	
	TUE 12	
	WED 13	
	THU 14	
	FRI 15	
	SAT 16	

# July 2022

**Week 3** July 17-July 23

[illegible]

# July 2022

**Week 4** July 24-July 30

GOALS/TO-DO LIST	
	SUN 24
	MON 25
	TUE 26
	WED 27
	THU 28
	FRI 29
	SAT 30

# July 2022

**Week 5** July 31-Aug. 6

GOALS/TO-DO LIST	SUN 31	
	MON 1	
	TUE 2	
	WED 3	
	THU 4	
	FRI 5	
	SAT 6	

# Tomato and Cucumber Salad

July 2022 Recipe



Makes: 12 servings

## Ingredients

### Salad

4 large tomatoes (cubed)  
1 large cucumber (chopped)  
1 cup red onion (chopped)  
1 cup green pepper (chopped)  
1/3 cup parsley (chopped)

### Dressing

1/3 cup apple cider vinegar  
1 Tbsp. olive oil  
2 cloves garlic (minced)  
1/2 tsp. salt  
1/2 tsp. ground black pepper  
1/2 tsp. sugar

## Directions

1. In a large bowl, combine the salad ingredients.
2. In a small bowl, mix the dressing ingredients.
3. Pour the dressing over the salad. Mix well.
4. Refrigerate for at least one hour before serving.

## Nutritional information for 1 serving

Calories	35
Total fat	1 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	103 mg
Carbohydrate	5 g
Dietary fiber	1 g
Total sugars	3 g
Added sugars included	0 g
Protein	1 g



# August 2022



## Combating Eye Strain

The Vision Council reported that more than 70% of Americans don't know—or don't believe—that they could suffer from eye strain. The reality is that most adults are on digital media for about four to six hours each day. If your job involves working on a computer, you may be racking up even more hours than normal in front of a brightly lit screen.

Eye fatigue is caused by staring at screens or other digital devices for long periods. Eye strain is characterized by blurred or double vision, increased sensitivity to light and sore, tired, dry, burning or itching eyes. Here are ways to help reduce eye strain:

- **Reduce glare.** Try turning down your monitor's brightness and cleaning the screen regularly. Dust can increase glare.
- **Dim lighting.** If possible, dim any other competing light in the room. If that's not possible, consider applying a removable anti-glare filter on the screen to reduce sunlight glare.
- **Blink regularly.** This is a simple one, but your eyes may feel dry just because you're staring and have forgotten to blink.
- **Practice the 20-20-20 rule.** If possible, look away from devices every 20 minutes at something 20 feet away for at least 20 seconds.

If you're experiencing eye strain and at-home adjustments aren't working, talk to your eye doctor.

## Medicine Cabinet Essentials

When it comes to illness or accidents in your home, it's essential to be prepared with a well-stocked medicine cabinet. That way, you'll be able to respond quickly to help yourself or others when sickness or injury strikes. Consider keeping the following eight items on hand for emergencies:

1. **Antacids**—These can provide quick relief when you're suffering from heartburn.
2. **Antibiotic ointment**—A topical cream can help heal cuts, scrapes and minor burns. Petroleum jelly may also do the job.
3. **Antihistamine**—Oral antihistamines (liquid and pill form) and hydrocortisone cream can treat hives, itching and other allergic reactions.
4. **Bandages**—Adhesive bandage strips of all sizes, plus plenty of gauze pads and medical tape, can ensure you're prepared to dress most cuts, scrapes and burns.
5. **Cough medicine and decongestants**—You won't want to leave home to go to the drugstore for cold and flu medication when you're feeling sick.
6. **Hydrogen peroxide**—Unlike rubbing alcohol, which can sting, hydrogen peroxide is a good antiseptic to have on hand for cleaning wounds. Cool water with mild soap is another option.
7. **Painkillers and fever reducers**—Aches and pains are inevitable, and these staples are likely already in your home. Acetaminophen and ibuprofen can reduce pain, inflammation and fevers, while aspirin can help alleviate pain and heart attacks.
8. **Thermometer**—For quick and accurate results, use a digital thermometer or the kind you apply to your forehead or in your ear.

While you're stocking the medicine cabinet, toss expired items as well. Make this a habit, and try to clean and restock every three months so you're always prepared.

# August 2022

**Week 1** Aug. 7-Aug. 13

GOALS/TO-DO LIST	SUN 7	
	MON 8	
	TUE 9	
	WED 10	
	THU 11	
	FRI 12	
	SAT 13	

# August 2022

**Week 2** Aug. 14-Aug. 20

GOALS/TO-DO LIST	SUN 14	
	MON 15	
	TUE 16	
	WED 17	
	THU 18	
	FRI 19	
	SAT 20	

# August 2022

**Week 3** Aug. 21-Aug. 27

GOALS/TO-DO LIST	SUN 21	
	MON 22	
	TUE 23	
	WED 24	
	THU 25	
	FRI 26	
	SAT 27	

# August 2022

**Week 4** Aug. 28-Sept. 3

GOALS/TO-DO LIST	SUN 28	
	MON 29	
	TUE 30	
	WED 31	
	THU 1	
	FRI 2	
	SAT 3	



# Avocado and Corn Salsa

August 2022 Recipe



Makes: 5 servings

## Ingredients

1 avocado (diced)  
¾ cup frozen corn kernels (thawed)  
½ cup grape tomatoes (quartered)  
1 Tbsp. fresh cilantro (chopped)  
2 tsp. lime juice  
¼ tsp. salt

## Directions

1. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.
2. Chill one hour and then serve.

## Nutritional information for 1 serving

Calories	67
Total fat	4 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	119 mg
Carbohydrate	8 g
Dietary fiber	3 g
Total sugars	1 g
Added sugars included	0 g
Protein	1 g



# September 2022

## Cholesterol and You

Did you know 1 in 3 American adults has high cholesterol? Cholesterol is a waxy substance found in your blood. Your body needs it to build cells, but too much can pose a problem. Over time, too much cholesterol can damage your arteries and increase your risk for heart disease and stroke.

September is National Cholesterol Education Month, so familiarize yourself with the cholesterol basics. Cholesterol travels through the blood on proteins called lipoproteins. There are two types of lipoproteins:

1. LDL (low-density lipoprotein)—known as **bad cholesterol**—makes up most of your body's cholesterol. High levels of LDL cholesterol can increase your risk for heart disease and stroke.
2. HDL (high-density lipoprotein)—known as **good cholesterol**—absorbs cholesterol and carries it back to the liver to be flushed from the body.

Bad cholesterol can be elevated by certain factors, including obesity, physical inactivity, unhealthy diet, smoking, excessive alcohol use and family history. High cholesterol usually has no symptoms, so it's best to have a cholesterol screening every four to six years and discuss lifestyle risks with a doctor.



## Snack Smartly to Save Money, Time and Calories

It's completely normal to snack throughout the workday. While it can be tempting to opt for the fast, easy (but unhealthy) option, taking a minute to snack smartly can save you time, money and calories. Keep the following four tips in mind:

1. **Plan your snacking.** Think ahead so you don't desperately reach for unhealthy items. Make or pre-portion your healthy snacks at the beginning of the week so they're ready to go.
2. **Be mindful of portions.** Avoid eating directly out of the bag or original container, and portion your snacks before eating.
3. **Think about macronutrients.** Try to combine macronutrients (protein, fat and carbohydrates) at each snacking session. Doing so will help you feel satisfied and full until it's time for your next meal.
4. **Choose healthy snacks.** Nibble on fruits, vegetables, whole grains and healthy fats to stay satisfied and full. Pass on the junk food since chips, candy and cookies can leave you feeling sluggish.

Some ideas for snacks with less than 100 calories include string cheese, popcorn and nuts.

# September 2022

**Week 1** Sept. 4-Sept. 10

GOALS/TO-DO LIST	SUN 4	
	MON 5	
	TUE 6	
	WED 7	
	THU 8	
	FRI 9	
	SAT 10	

# September 2022

**Week 2** Sept. 11-Sept. 17

GOALS/TO-DO LIST	SUN 11	
	MON 12	
	TUE 13	
	WED 14	
	THU 15	
	FRI 16	
	SAT 17	

# September 2022

**Week 3** Sept. 18-Sept. 24

GOALS/TO-DO LIST	SUN 18	
	MON 19	
	TUE 20	
	WED 21	
	THU 22	
	FRI 23	
	SAT 24	

# September 2022

**Week 4** Sept. 25-Oct. 1

GOALS/TO-DO LIST	SUN 25	
	MON 26	
	TUE 27	
	WED 28	
	THU 29	
	FRI 30	
	SAT 1	



# Huevos Rancheros With Fresh Salsa

September 2022 Recipe



Makes: 4 servings

## Ingredients

4, 6-inch corn tortillas  
½ Tbsp. vegetable oil  
Nonstick cooking spray  
4 egg whites  
4 eggs  
1/8 tsp. ground black pepper  
4 Tbsp. shredded cheese (cheddar or Monterey Jack)  
2 cups fresh salsa

## Nutritional information for 1 serving

Calories	204
Total fat	10 g
Saturated fat	3 g
Cholesterol	193 mg
Sodium	713 mg
Carbohydrate	16 g
Dietary fiber	3 g
Total sugars	3 g
Added sugars included	0 g
Protein	14 g

## Directions

1. Preheat oven to 450 F.
2. Lightly brush tortillas with oil on both sides and place them on a baking sheet.
3. Bake for five to 10 minutes or until tortillas are crisp on the edges and starting to brown.
4. Remove from oven and set aside.
5. Spray a large skillet with nonstick cooking spray over medium heat.
6. Drop four egg whites into a skillet. Then, break whole eggs over whites to make four separate servings.
7. Cook for two to three minutes per side until eggs are cooked.
8. Place one egg on each tortilla shell and top each with 1 Tbsp. cheese.
9. Place under the broiler for about two minutes until cheese melts.
10. Spoon ½ cup fresh salsa around the edge of each shell.



# October 2022

## Get Your Flu Shot

Each year, the Food and Drug Administration works with the World Health Organization to monitor flu patterns within the general population to create an effective vaccination for this year's flu season. Like all viruses, influenza viruses are complex and constantly changing. That's why an annual vaccine is developed based on the strains and types expected to be the most common that year.

The CDC recommends that everyone older than 6 months should get the flu vaccine. You can get vaccinated against the flu at your doctor's office, in a clinic or pharmacy, and maybe even your place of employment. Some urgent care clinics and local health departments will provide flu vaccines as well.

Flu season typically runs from October to May. However, most flu cases occur between December and February. To reduce your risk of severe illness, the CDC strongly recommends that you get vaccinated as early as possible.

## Brain Foods That Help You Concentrate

The foods you eat play a role in keeping your brain healthy and can improve mental tasks, such as memory and concentration. Nutritionists recommend following a healthy dietary pattern full of fruits, vegetables, legumes and whole grains. It's best to get protein from plant sources and fish. Choose healthy fats—such as olive oil or canola oil—instead of saturated fats when possible.

You can help support overall brain health and boost your concentration by strategically including the following foods or drinks in your daily diet:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- **Fatty fish**, including salmon, trout and sardines, are rich sources of omega-3 fatty acids. Omega-3s help build brain and nerve cells and are essential for learning and memory. If you're not a fan of fish, ask your doctor about taking an omega-3 supplement.
- **Blueberries** are loaded with antioxidants that may delay brain aging and improve overall function and memory. Blueberries may even delay short-term memory loss while being a great source of several vital nutrients.
- **Nuts** contain brain-boosting nutrients, healthy fats and antioxidants. Vitamin E can even help slow mental decline. Eating nuts—specifically walnuts, almonds and hazelnuts—regularly can enhance your memory and recall.
- **Green tea** doesn't contain as much caffeine as coffee but enough caffeine to produce alertness without jittery effects. Green tea also contains L-theanine, an amino acid that increases brain wave production. The brain-boosting duo of caffeine and L-theanine is proven to boost mood, reaction time and memory.

Additionally, studies have shown that eating breakfast may improve short-term memory and attention. Set yourself up for success and fuel up with a well-balanced breakfast of high-fiber whole grains, dairy and fruits.

# October 2022

**Week 1** Oct. 2-Oct. 8[illegible]

# October 2022

**Week 2** Oct. 9-Oct. 15

GOALS/TO-DO LIST	SUN 9	
	MON 10	
	TUE 11	
	WED 12	
	THU 13	
	FRI 14	
	SAT 15	

# October 2022

**Week 3** Oct. 16-Oct. 22

GOALS/TO-DO LIST	SUN 16	
	MON 17	
	TUE 18	
	WED 19	
	THU 20	
	FRI 21	
	SAT 22	

# October 2022

**Week 4** Oct. 23-Oct. 29

GOALS/TO-DO LIST	SUN 23	
	MON 24	
	TUE 25	
	WED 26	
	THU 27	
	FRI 28	
	SAT 29	

# October 2022

**Week 5** Oct. 30-Nov. 5

GOALS/TO-DO LIST	SUN 30	
	MON 31	
	TUE 1	
	WED 2	
	THU 3	
	FRI 4	
	SAT 5	



# Curried Brown Rice With Pumpkin Seeds, Apricots and Spinach

October 2022 Recipe



Makes: 4 servings

## Ingredients

1 cup short-grain brown rice (uncooked)  
1 Tbsp. olive oil  
2 garlic cloves (chopped)  
1 red onion (peeled and finely chopped)  
1 Tbsp. curry powder  
2 cups fresh spinach (chopped)  
2 cups low-sodium vegetable or chicken broth  
Salt and black pepper to taste  
1 cup dried apricots (chopped)  
½ cup pumpkin seeds (toasted)

## Nutritional information for 1 serving

Calories	463
Total fat	19 g
Saturated fat	3 g
Cholesterol	0 mg
Sodium	150 mg
Carbohydrate	64 g
Dietary fiber	8 g
Total sugars	20 g
Added sugars included	0 g
Protein	15 g

## Directions

1. Rinse the rice well.
2. Heat the oil over medium heat in a large, heavy saucepan.
3. Add the onions and garlic and cook for three to four minutes. Then stir in the curry powder.
4. Add the rice and broth and bring to a boil over high heat.
5. Reduce the heat, cover and simmer for 30 to 45 minutes until the liquid is absorbed.
6. Remove from heat and stir in the apricots and spinach.
7. Replace cover and let sit for 10 minutes.
8. Add the pumpkin seeds, salt and black pepper and fluff with a fork. Add more curry if desired.
9. Serve immediately.

# November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## Sleep and Your Health

Adults should get seven hours or more of sleep each night, according to the CDC. However, only 2 in 3 American adults get enough sleep. Sleep is essential for maintaining a healthy, productive and low-stress lifestyle. The CDC has linked insufficient sleep to the development of chronic diseases and conditions, including diabetes, heart disease, obesity and depression.

Try adopting the following five healthy sleep habits:

1. Keep a regular schedule. Try to go to bed and wake up at the same time each day, including weekends.
2. Create a good sleep environment, including comfortable room temperature, minimal noise and sufficient darkness.
3. Keep track of habits that help you fall asleep, like relaxing music or reading before bed. Repeat those activities each night.
4. Avoid caffeine and nicotine three to four hours before going to bed.
5. Limit alcohol before bed, as it can reduce sleep quality.

## Give Your Holiday Baking Recipes a Makeover

Food is part of holiday traditions, and your family likely looks forward to certain recipes. Luckily, there are some simple substitutes to make your favorite holiday recipes a bit healthier. Consider the following tips to transform your recipes without sacrificing flavor:

- **Fat**—For baked goods, use half the butter or oil and replace the other half with unsweetened applesauce or mashed banana.
- **Salt**—If baked goods don't require yeast, you can reduce salt by half.
- **Sugar**—Reduce the amount of sugar by one-third to one-half. Instead, add spices like cinnamon, cloves, allspice and nutmeg—or flavorings such as vanilla or almond extract to boost sweetness.

Get creative and experiment with other ways of creating healthy recipes for your most beloved holiday traditions.

# November 2022

**Week 1** Nov. 6-Nov. 12

GOALS/TO-DO LIST	SUN 6	
	MON 7	
	TUE 8	
	WED 9	
	THU 10	
	FRI 11	
	SAT 12	

# November 2022

**Week 2** Nov. 13-Nov. 19

GOALS/TO-DO LIST	SUN 13	
	MON 14	
	TUE 15	
	WED 16	
	THU 17	
	FRI 18	
	SAT 19	

# November 2022

**Week 3** Nov. 20-Nov. 26

GOALS/TO-DO LIST	SUN 20	
	MON 21	
	TUE 22	
	WED 23	
	THU 24	
	FRI 25	
	SAT 26	



# November 2022

**Week 4** Nov. 27-Dec. 3

GOALS/TO-DO LIST	SUN 27	
	MON 28	
	TUE 29	
	WED 30	
	THU 1	
	FRI 2	
	SAT 3	



# Stir-fry With Chicken and Noodles

November 2022 Recipe



Makes: 10 servings

## Ingredients

4 cups water  
2 packages of ramen-style noodles  
2 boneless skinless chicken breasts  
(cut into strips)  
¼ cup peanut butter  
2 Tbsp. soy sauce  
½ cup water  
1 Tbsp. vegetable oil  
1 tsp. red pepper flakes  
1 tsp. fresh ginger (finely chopped)  
2 carrots (thinly sliced)  
½ head cabbage (thinly sliced)  
¼ cup green onion (thinly sliced)

## Nutritional information for 1 serving

Calories	165
Total fat	8 g
Saturated fat	2 g
Cholesterol	17 mg
Sodium	589 mg
Carbohydrate	15 g
Dietary fiber	2 g
Total sugars	3 g
Added sugars included	0 g
Protein	9 g

## Directions

1. Bring 4 cups water to boil in a 2- to 3-quart saucepan. Add noodles, cover and remove from heat (do not add ramen flavor packets). Wait one minute, drain noodles and set aside.
2. In a small saucepan, combine peanut butter, soy sauce and ½ cup water. Heat over low heat, stirring until smooth. Remove from heat.
3. Heat oil in a large skillet over medium-high heat (or 350 F in an electric skillet). Add chicken and cook until no longer pink when cut, about three to five minutes.
4. Add red pepper, ginger and carrots and cook for two to three minutes. Add cabbage and cook three to four minutes or until cabbage is crisp-tender.
5. Stir in green onion, cooked noodles and peanut sauce. Toss and serve right away.

# December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Improving Your Relationship With Your Phone

Smartphones have made our lives so much easier, but they can also impact our physical and mental well-being. To build a healthier relationship with your phone, keep in mind the following:

- **Set clear boundaries.** If you are always waiting for work or personal messages, you may feel chained to the device, so it's helpful to set boundaries that outline when you'll be available.
- **Turn off notifications.** Disable notifications for social media apps or mute group chats to avoid being tempted by the constant notifications.
- **Check at specific times.** Create achievable boundaries by checking your phone for notifications at a designated time, like your lunch break or every two hours. Leaving your phone in a separate room to charge is another idea to try.
- **Avoid use before bed.** Try to cut down on phone use in bed or right before sleeping. The bright screen can signal to your body that it's time to be awake, so you may have trouble falling asleep or experience lower sleep quality. Save the news feed-scrolling and video-watching for during the day.

While we all know we should be using our phones less, doing so is far easier said than done. Start small to create an action plan that works for your life and schedule.

## Are You Getting Enough Water?

To prevent dehydration, you need to consume adequate amounts of fluid. Dehydration can increase your risk of illnesses and cause health problems, such as fatigue and muscle weakness. According to new guidelines, men should get about 3.7 liters (15 ½ cups) of fluids each day, and women need about 2.7 liters (11 ½ cups). Remember that the water content of the foods you eat counts as well.

You need to get enough water for your body to operate at its best. Make water your beverage of choice, and consider these simple tips to help achieve your daily water intake:

- Drink a glass of water with each meal and between each meal.
- Hydrate before, during and after exercise.
- Carry a reusable water bottle with you for easy access during the day.
- Choose sparkling water instead of alcoholic drinks or soft drinks.

# December 2022

**Week 1** Dec. 4-Dec. 10

GOALS/TO-DO LIST	SUN 4	
	MON 5	
	TUE 6	
	WED 7	
	THU 8	
	FRI 9	
	SAT 10	

# December 2022

**Week 2** Dec. 11-Dec. 17

GOALS/TO-DO LIST	SUN 11	
	MON 12	
	TUE 13	
	WED 14	
	THU 15	
	FRI 16	
	SAT 17	



# December 2022

**Week 3** Dec. 18-Dec. 24

GOALS/TO-DO LIST	SUN 18	
	MON 19	
	TUE 20	
	WED 21	
	THU 22	
	FRI 23	
	SAT 24	

# December 2022

**Week 4** Dec. 25-Dec. 31

GOALS/TO-DO LIST	SUN 25	
	MON 26	
	TUE 27	
	WED 28	
	THU 29	
	FRI 30	
	SAT 31	



# Buttermilk Scones

December 2022 Recipe



Makes: 9 servings

## Ingredients

1 cup whole-wheat flour  
¾ cup all-purpose flour  
1/3 cup sugar  
1 tsp. baking powder  
½ tsp. baking soda  
¼ tsp. salt  
1 cup raisins  
4 Tbsp. butter (melted)  
2/3 cup buttermilk

## Nutritional information for 1 serving

Calories	21
Total fat	6 g
Saturated fat	4 g
Cholesterol	16 mg
Sodium	211 mg
Carbohydrate	39 g
Dietary fiber	2 g
Total sugars	18 g
Added sugars included	7 g
Protein	4 g

## Directions

1. Preheat oven to 400 F.
2. Combine the flours, sugar, baking powder, baking soda and salt in a medium bowl. Mix well.
3. Add raisins and mix lightly.
4. In a small bowl, combine melted butter and buttermilk. Add liquid ingredients to the flour mixture. Mix gently.
5. Spoon dough into nine equal mounds on a greased baking sheet. Bake until well browned, 18 to 20 minutes.
6. Serve hot or at room temperature. These are best eaten the same day you bake them.