

| | | | | | |
|----------|--|---|---|--|--|
| January | Measure Up Dig out a measuring tape and record your measurements - it will give you a great way to track your progress throughout the year. | Sitting and Sore No More Ditch your office chair and find a way to stand for at least 10 extra minutes each day this week. While you are up, try to do some toe-raises and stretch out a little bit! | HIIT the Ground Running Find a way to work High Intensity Intervals into your workout this week and maximize your exercise time. A sample one is attached, but feel free to look up your own too. | Fiscally Fit Holiday spending coming home to roost? Take the time this week to set up a budget to get back on track. Every Dollar is great free app to track spending and set up a budget. | |
| February | Random Acts of Kindness Each day this week, practice random acts of kindness. Remember, kindness doesn't cost anything! | Love and Admiration Tell someone you love or admire them every day this week. Maybe even take the time to send a note to someone who has impacted your life in a positive way. | Cabin Fever Reliever Are the house walls closing in on you yet? Find at least three things to do outdoors this week for at least 30 minutes- if it is a ton of fun then do it more! | 5210 Everyday 5 fruits and vegetables 2 hours or less of screen time 1 hour of physical activity 0 sugary beverages | |
| March | Words of Wisdom Expand your brain power by learning a new word each day. Dig out the dictionary or type "word of the day" into your favorite search engine. | Mile a Day Record a mile of movement each day...walking, running, biking, swimming...it doesn't matter! Just MOVE. | Go Green Eat one NATURALLY green food each day. Step out of your comfort zone and try something you've never tried before. | Spring Sleep In Track your sleep for a week. Make it your goal to get between 6-8 hours of good quality sleep each night. | |
| April | Breakfast Time Breakfast is the most important meal of the day, yet many adults skip it. Make it a point to eat breakfast EVERY DAY this week. | Tune In and Tone Up Music can motivate you to move. This week tune into your favorite station and move for 30 minutes/day. Create a playlist for extra motivation. | Perfectly Portioned Our portion sizes are HUGE! Learn what a proper portion is and measure your food this week. | Matter of Balance As we age, our balance declines. Doing certain exercises can help improve your stability. Add some balance exercises into your routine. | |
| May | Brain Power Don't forget to exercise your brain. Doing brain teasers or puzzles is a great way to work your mind. Do a word search, crossword, Sudoku, or any other puzzle each day. | I Won't Drink to That We drink a lot of empty calories. Pick which drink you will eliminate this week- alcohol, soda, caffeine, energy drinks. Pick your poison and put it back! | Stretch It Out Stretching is so important for flexibility and stress relief. Stretch a little each morning and a little each night. Just a couple minutes will feel great. | No News is Good News Remove yourself from the news circuit. Whether it is the TV, radio, social media feed or newspaper- take a break from bad news this week. | Brown Bagging It Pack your own lunch this week and save money and improve your health. |
| June | Take a Hike Research, Plan and then go for a hike this week. It doesn't have to be an epic adventure, just a way to get outside and enjoy all that Maine has to offer. | Facetime not Facebook How much time are you spending being "social" on social media? Have you been forgetting to talk to the real people in your life? Turn off your social media presence and be present with your family and friends this week. | Back to Basics Back health is vital to staying active and enjoying your hobbies. Be sure to work at least 5 minutes of back care into your daily activity. | Berries for Breakfast Berries are full of nutrition that can benefit your brain, digestion and help fight disease. Add ½ cup of berries to your breakfast daily. | |

| | | | | | |
|---|---|---|--|--|---|
| <p style="text-align: center;">July</p> | <p>Seek the Sun Safely 2 ounces of SPF 30 or above, applied every 2 hours at least 20 minutes before going outside. Are you using sunscreen correctly? If not, make it a point to practice sun safety this week.</p> | <p>Complaining or Complimenting Watch your words with your coworkers, friends and family. Are you complaining or complimenting more? Change your words to be more positive this week.</p> | <p>Do Something You Love Doing something you love every day is a great way to improve your mood and feel like you have a purpose. Whatever you love...do it this week!</p> | <p>Tech Detox It's summertime. Time to put down the technology and get outside! Reduce your tech time by at least 30 minutes each day...or more!</p> | <p>Active Errands Errands take up a lot of our day. Be active when doing your errands this week. Take the stairs, park further away, ride your bike to work or walk to the store.</p> |
| <p style="text-align: center;">August</p> | <p>Wake Up with Water Hydration is extremely important to good health. Start your day off right with a glass of water when you wake up this week...even before the coffee!</p> | <p>Zip Your Lip Sometimes we talk too much and have lots to say about things, but very few solutions to improve the situation. Before you open your mouth this week, ask yourself if your words will help the situation. If they don't, then zip your lip.</p> | <p>Eat Your Veggies 5-9 fruits and veggies a day is the recommendation...how many are you eating every day? Track your veggies and increase your daily consumption by one serving this week.</p> | <p>Strengthen Your Grip Grip strength can be a predictor of future health complications and disability. Make it a priority to work on improving your grip strength for better health.</p> | <p>Wake Up with Water Hydration is extremely important to good health. Start your day off right with a glass of water when you wake up this week...even before the coffee!</p> |
| <p style="text-align: center;">September</p> | <p>Smell the Roses When is the last time you slowed down and enjoyed what is around you? Spend 15 minutes outside each day observing and appreciating what is around you.</p> | <p>Don't Over Sit Your Welcome We sit far too much and move far too little. Make it a point to get up and move around this week. Any time you sit for 60 minutes, be sure to get up and move around for 3...or better yet get at least 20 minutes in or moving each day!</p> | <p>Recipe Round Up This week, submit your favorite healthy recipe to your wellness committee and then commit to making at least 3 healthy meals during the week.</p> | <p>Skip the Salt We love our salty foods! Many of us don't even pay attention to how much sodium is in our foods. This week track your sodium and try to switch out the salt for a healthier alternative, like herbs.</p> | |
| <p style="text-align: center;">October</p> | <p>Focus on Food Logging Complete ANY food log for the week and see how your eating stacks up to the recommendations.</p> | <p>Stretch Your Limits Sitting makes your muscles tight and can being inflexible can lead to injury. Stretch for at least 10 minutes this week to improve your health.</p> | <p>Practice the Power of Silence Rush, rush, rush- this week slow down and spend at least 10 minutes being quiet, meditating, praying, or just thinking every day. See if it helps you refocus and refresh.</p> | <p>Primarily Plants Focus on eating ONLY plant-based foods until your evening meal. Then choose a sensible supper. Don't forget to add in protein (beans, nuts, seeds, etc.).</p> | <p>Sweat NOT Sweets Avoid the Halloween candy this week and focus on getting an extra 20 minutes of strength training in at least 4 times this week. Use resistance bands or your own body weight.</p> |

| | | | | | |
|--|--|---|---|--|--|
| <p style="writing-mode: vertical-rl; transform: rotate(180deg);">November</p> | <p>Your Presence is a Present Spend 10 minutes of undivided attention to someone- a child, family member, friend or co-worker this week. Be present in the moment and listen, don't think about what you need to do next.</p> | <p>Cut the C.R.A.P. Read the ingredients and avoid the C.R.A.P. Chemicals you don't have in your pantry. Refined sugar and flour. Artificial sweeteners, flavor and colors. Preservatives.</p> | <p>Attitude of Gratitude It can be hard to look for the good, but this week you are challenged to become more positive...darn it! Write down at least 3 things you are grateful for EVERYDAY and come prepared to share something GOOD at class.</p> | <p>Water Weight How much water are you drinking every day? This week, try to drink half of your weight in ounces of water each day (or somewhere close to it). Be prepared- this means lots of trips to the bathroom!</p> | |
| <p style="writing-mode: vertical-rl; transform: rotate(180deg);">December</p> | <p>Holiday Craze Take time this week to enjoy the things that matter in life. Focus on what you can do to enjoy the holiday season and let go of the rest.</p> | <p>One Simple Thing Lifestyle change begins by making one simple change, then another, then another. This week, choose one thing to change and focus on that for the week.</p> | <p>Your Sweet Enough Sugar, sugar everywhere...except added to your food this week! This week eat foods with 0 added sugars. We all know you are sweet enough without it.</p> | <p>Step Up Time to step it up and get ready for the New Year. This week make it a point to break walk at least 15 minutes each day...no excuses!</p> | <p>Re-Measure Up Dig out those measurements from the beginning of the year and re-measure to see if you are on track with your goals.</p> |