



Live Well Planner

2025

Introduction

Being organized is crucial in maintaining health and wellness. When you have a clear plan, it becomes easier to incorporate regular exercise into your routine. Scheduling workouts ensures that you allocate time for physical activity, reducing the likelihood of skipping sessions due to a busy schedule. Additionally, organization can help in meal planning and preparation, allowing you to make more thoughtful and healthier food choices. By planning your meals ahead of time, you can avoid the temptation of fast food and ensure that you have nutritious options readily available. This proactive approach to diet and exercise can lead to improved physical health, increased energy levels and better overall well-being. Not only is it helpful to write down a plan, but being organized can also significantly reduce stress and improve mental health. When you plot your daily activities and set realistic goals, you create a sense of control and accomplishment. This can help manage time more effectively, preventing the feeling of being overwhelmed by tasks.

This is where the Live Well Planner can help. It equips you with the tools you need to feel prepared and live healthier than ever before. This monthly planner features articles about exercise, diet and overall wellness topics. At the same time, each week provides you with plenty of space to plan your meals, log your workouts, or plot your daily activities and appointments—or all of the above! Plus, every monthly section concludes with an easy and healthy recipe to try.

Staying organized, planning your workouts and meals, and having access to wellness information and healthy recipes are great ways to get yourself on track to meeting your wellness goals. However, please speak with a health care professional before beginning a diet and fitness regimen. Together, you and your doctor can decide the best approach, create reasonable milestones and establish a safe timeline 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 in Microsoft Word. Select “Custom Print” and enter the page number range you want to print in the “Pages” box. (If you’re printing from a PDF, enter the desired page range under “Pages to Print.”)
3. Click “Print.”



January 2025

Avoid Winter Illnesses

Did you know that over 200 different viruses can cause the common cold? According to the Centers for Disease Control and Prevention (CDC), American adults get two to three colds per year, while children have even more. Winter is the peak cold season, so this information shouldn't come as a surprise when you think about how many people you may see sneezing and coughing during the colder months.

In the last couple of years, both influenza (flu) and COVID-19 have been prominent, and with the rise of respiratory syncytial virus, or RSV, there are new risks when catching any of these illnesses. Fortunately, you can help keep illnesses at bay and stay healthy with these six tips:

- 1. Wash your hands frequently.** It's the best way to protect yourself from catching illnesses.
- 2. Avoid touching your face.** Remember not to touch your eyes, nose and mouth with unwashed hands, as this can spread illnesses.
- 3. Stay home when sick.** Keep a distance from those who are sick, and stay home if you're not feeling well.
- 4. Drink more water.** Stay hydrated so you can flush toxins out of your system.
- 5. Get plenty of sleep.** Good quality sleep can help keep your immune system strong.
- 6. Stay active.** Moderate exercise can help you manage weight, reduce anxiety and improve sleep quality.

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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 there are any irregularities. 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 one's risk of a heart attack.
- **Burns calories**—The blood donation process typically burns up to 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 2025

Week 1 Dec. 29–Jan. 4

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

January 2025

Week 2 Jan. 5–Jan. 11

| GOALS/TO-DO LIST | SUN 5 | |
|------------------|-----------|--|
| | MON 6 | |
| | TUE 7 | |
| | WED 8 | |
| | THU 9 | |
| | FRI 10 | |
| | SAT 11 | |

January 2025

Week 3 Jan. 12–Jan. 18

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

January 2025

Week 4 Jan. 19–Jan. 25

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

January 2025

Week 5 Jan. 26–Feb. 1

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

Meatball Soup

January 2025 Recipe

Makes: 4 servings



Ingredients

- 6 cups water
- ½ cup brown rice (uncooked)
- 3 bouillon cubes (low-sodium chicken or beef flavored)
- 1 Tbsp. oregano
- 8 oz. 90% lean ground beef (or turkey or chicken)
- 1 tomato (finely chopped)
- ½ onion (peeled and finely chopped)
- 1 large egg
- ½ tsp. salt
- 2 cups vegetable mix (carrots, celery and spinach, chopped)

Nutritional information for 1 serving

| | |
|-----------------------|--------|
| Calories | 246 |
| Total fat | 7 g |
| Saturated fat | 2 g |
| Cholesterol | 82 mg |
| Sodium | 420 mg |
| Carbohydrate | 28 g |
| Dietary fiber | 6 g |
| Total sugars | 5 g |
| Added sugars included | 0 g |
| Protein | 17 g |

Directions

1. In a large pot, combine the water, rice, bouillon cubes and oregano. Bring to a boil over high heat.
2. Stir to dissolve the bouillon. Reduce heat to low and simmer.
3. Meanwhile, in a large bowl, mix the ground meat, tomato, onion, egg and salt. Form into 12 meatballs.
4. Add meatballs to the broth mixture and simmer for 30 minutes.
5. Add the vegetables. Cook for 10 to 15 minutes or until the meatballs are cooked and rice and vegetables are tender.
6. Serve hot.

February 2025

Exercise Your Way to a Healthier Heart

Every year, the United States recognizes February as American Heart Month. The CDC reports that heart disease is the leading cause of death for both women and men in the United States, causing more than 700,000 deaths annually. Heart disease is also extremely expensive, costing the United States about \$250 billion annually in health care, medications and lost productivity. Fortunately, heart disease can often be prevented by living a healthy lifestyle and managing health conditions properly.

In addition to eating healthy and avoiding cigarettes, exercising is essential to cardiovascular health. To make exercise an effective tool for cardiovascular health, the American Heart Association suggests you get at least 150 minutes of moderate exercise per week or 75 minutes of vigorous exercise per week. An easy way to keep track of your exercise is to aim for 30 minutes a day, five times a week.



Don't Delay Preventive Care

The once-a-year checkup has been considered a standard of health care, but many people got into the practice of putting off routine appointments during the COVID-19 pandemic. Preventive care, often used interchangeably with “routine care,” is essential in the early detection of serious diseases and overall long-term health outcomes.

Preventive care includes a variety of health care services that help you maintain good health. Regular medical care focuses on treating illness, while preventive care aims to keep you from getting sick in the first place. Examples of preventive care include physical and mental health screenings, laboratory tests, cancer screenings, annual checkups, counseling and immunizations. Telehealth may even be an option to consider when receiving preventive care.

Most health care plans cover an annual physical examination and preventive care, but check your plan's explanation of benefits to avoid any surprise costs. Don't wait until it's too late—contact your doctor today to discuss your preventive care options.

February 2025

Week 1 Feb. 2–Feb. 8

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

February 2025

Week 2 Feb. 9–Feb. 15

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

February 2025

Week 3 Feb. 16–Feb. 22

| GOALS/TO-DO LIST | SUN 16 | |
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February 2025

Week 4 Feb. 23–March 1

| GOALS/TO-DO LIST | SUN 23 | |
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Lentil Vegetable Soup

February 2025 Recipe

Makes: 6 servings



Ingredients

- 1 cup lentils (dry)
- 5 cups water
- 2 Tbsp. vegetable oil
- 1 Tbsp. onion (finely chopped)
- 1 cup canned low-sodium tomato sauce
- ½ tsp. garlic powder
- 1 tsp. salt
- ¼ tsp. black pepper
- 1 bay leaf
- 1 celery stalk (chopped)
- 2 Tbsp. vinegar

Directions

1. Sort the lentils.
2. Place lentils in a deep pot with water. Bring to a boil and add all ingredients except vinegar.
3. Reduce heat and cover.
4. Cook slowly for 1 hour, adding more water if necessary.
5. Add the vinegar.
6. Remove the bay leaf before serving.

Nutritional information for 1 serving

| | |
|-----------------------|--------|
| Calories | 169 |
| Total fat | 6 g |
| Saturated fat | 1 g |
| Cholesterol | 1 mg |
| Sodium | 415 mg |
| Carbohydrate | 22 g |
| Dietary fiber | 8 g |
| Total sugars | 4 g |
| Added sugars included | 3 g |
| Protein | 9 g |

Source: MyPlate

March 2025

Protect Your Health—and Your Wallet— While Grocery Shopping

A well-balanced diet is a key component of living a long, healthy life. Many Americans think that eating healthy means they have to empty their wallets, which isn't necessarily the truth. Keep the following money-saving tips in mind next time you're grocery shopping:

- **Make a weekly meal plan.** Before you go to the store, think about what meals and snacks you want for the week. Read recipes thoroughly so you can make an accurate list of everything you need; this reduces the risk that you'll have to run back to the store later in the week.
- **Create a list—and stick to it.** Make a detailed list of what you need to buy before you go to the store. When you get there, don't buy anything besides what's on the list.
- **Plan where you're going to shop.** Many grocery stores run sales or offer coupons for various healthy foods. Check out the ads and plan your grocery list around what's on sale.
- **Shop seasonally.** Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive.
- **Cook at home as often as possible.** Many foods prepared at home are cheaper and more nutritious. Go back to the basics and find a few simple and healthy recipes that your family enjoys.

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The Science of Snacking

Snacking has a bad reputation, but it can be an important part of a healthy diet; it comes down to choosing healthy snacks and watching portion sizes. Nutrition is key to a healthy lifestyle. Snacking on healthy bites during the day offers the following benefits:

- **Increased energy**—Healthy snacking can provide midday energy boosts and fuel for exercise.
- **Added nutrients**—Snacks can help you meet your daily nutrient needs. The best snacks consist of nutrient-dense foods like fruit, vegetables, whole grains, low-fat dairy and nuts.
- **Steady blood sugar levels**—Nutritious snacks can keep your blood sugar levels even if you eat consistent carbs at each meal or snack. Remember that your blood sugar dips three to five hours after eating.
- **Overeating prevention**—Snacking on healthy foods can decrease your hunger and the odds of overeating at mealtime.

March 2025

Week 1 March 2–March 8

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

March 2025

Week 2 March 9–March 15

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

March 2025

Week 3 March 16–March 22

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

March 2025

Week 4 March 23–March 29

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

March 2025

Week 5 March 30–April 5

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

Mediterranean Tuna Antipasti Salad

March 2025 Recipe

Makes: 4 servings



Ingredients

- $\frac{3}{4}$ cup walnuts (coarsely chopped)
- $\frac{1}{2}$ cup red onion (finely chopped)
- $\frac{1}{2}$ cup red bell pepper (chopped)
- 10 oz. water-packed chunk tuna
- 15.5-oz. can garbanzo beans (rinsed and drained)
- 2 Tbsp. lemon juice
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. fresh parsley (chopped)
- 4 cups romaine hearts (shredded)

Directions

1. Place the walnuts, onion, bell pepper, parsley, tuna and garbanzo beans in a large bowl and mix lightly.
2. Whisk together the lemon juice and olive oil and drizzle over the salad. Stir lightly to coat the ingredients with dressing. Season with salt and pepper, if desired.
3. Place the lettuce on a platter or divide it between salad bowls. Top with equal amounts of salad.

Nutritional information for 1 serving

| | |
|-----------------------|--------|
| Calories | 405 |
| Total fat | 23 g |
| Saturated fat | 3 g |
| Cholesterol | 26 mg |
| Sodium | 362 mg |
| Carbohydrate | 29 g |
| Dietary fiber | 9 g |
| Total sugars | 6 g |
| Added sugars included | 0 g |
| Protein | 25 g |

April 2025

Preparing for Tax-filing Season

Tax season is here. If you haven't done so already, it's time to gather all the appropriate information you need to file your 2024 tax returns. The federal tax deadline is April 15, 2025. 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 professional. If you are filing with a paper form, there are certain documents you must be sure to include.

The documentation needed for your tax filing may vary based on your employment status over the past year. It's critical to consult with a tax professional with specific questions about your tax-filing situation.

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Nip Seasonal Allergies in the Bud

More than 50 million Americans suffer from allergies every year. In particular, springtime allergies are an annual nuisance for many people. As plants bloom and neighbors start to cut their grass more frequently, allergy sufferers nationwide start sniffing and sneezing. Also, mold growth blooms indoors and outdoors, making it almost impossible to escape allergy triggers. Keep in mind that any spring-cleaning activities can also stir up dust mites.

To reduce your spring allergies, consider the following strategies:

- Wash your bedding every week in hot water to help keep pollen under control.
- Wash your hair before going to bed, as pollen can accumulate in your hair.
- Limit the number of throw rugs to reduce dust and mold in your home.
- Vacuum twice a week.
- Change air conditioning and heating air filters often.

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.

April 2025

Week 1 April 6–April 12

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

April 2025

Week 2 April 13–April 19

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

April 2025

Week 3 April 20–April 26

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

April 2025

Week 4 April 27–May 3

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

Pineapple Chicken

April 2025 Recipe

Makes: 5 servings



Ingredients

- 2 ½ lb. boneless skinless chicken
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 20-oz. can pineapple (crushed or chunks)
- 2 oz. water

Nutritional information for 1 serving

| | |
|-----------------------|--------|
| Calories | 341 |
| Total fat | 6 g |
| Saturated fat | 2 g |
| Cholesterol | 141 mg |
| Sodium | 240 mg |
| Carbohydrate | 18 g |
| Dietary fiber | 1 g |
| Total sugars | 16 g |
| Added sugars included | 0 g |
| Protein | 52 g |

Directions

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

May 2025

Do You Know About 988?

The 988 Suicide and Crisis Lifeline was launched nationwide in July 2022. Like dialing 911 for medical emergencies, people in emotional distress or suicidal crisis can call or text 988 to connect with counselors who will listen, provide support and connect them to resources. You can also chat with a trained counselor at 988lifeline.org/chat. Since the dialing code launch, counselors have answered over 10 million calls, texts and chats. Despite the volume, only about one-quarter of Americans are at least somewhat familiar with 988.

May is Mental Health Awareness Month, and this three-digit dialing code could provide immediate support during one's darkest hour. Anyone experiencing a mental health or substance crisis can call 988. Counselors are trained in handling various mental health issues, including self-harm, addiction and suicidal ideation. You can also call on behalf of someone else. Counselors can offer guidance on helping a friend or loved one navigate a mental health emergency. Help is one call away, so keep spreading the word about 988.

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 eating a healthy diet full of fruits, vegetables, legumes and whole grains. It's best to get protein from plant sources and fish. When possible, choose healthy fats—such as olive oil or canola oil—instead of saturated fats.

Your brain uses 20% of your body's calories, which means it's even more important to consider what you're eating each day. 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 |
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- **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 important 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—on a regular basis can enhance your memory and recall.
- **Green tea** doesn't contain as much caffeine as coffee, but it has enough caffeine to produce alertness without any jittery effects. Green tea also contains L-theanine, an amino acid that increases brain wave production. Together, the brain-boosting duo of caffeine and L-theanine is proven to increase 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.

May 2025

Week 1 May 4–May 10

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

May 2025

Week 2 May 11–May 17

| GOALS/TO-DO LIST | SUN 11 | |
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| <hr/> <hr/> <hr/> | MON 12 | |
| <hr/> <hr/> <hr/> | TUE 13 | |
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| <hr/> <hr/> <hr/> | FRI 16 | |
| <hr/> <hr/> <hr/> | SAT 17 | |

May 2025

Week 3 May 18–May 24

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

May 2025

Week 4 May 25–May 31

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

Pasta Vegetable Salad

May 2025 Recipe

Makes: 6 servings



Ingredients

- 2 cups cooked pasta
- 1 cup cucumber (diced)
- 1 large tomato (chopped)
- ½ medium green pepper (diced)
- ¼ medium onion (diced)
- ½ cup frozen peas (thawed)
- ¼ cup Italian salad dressing

Directions

1. Mix all ingredients in a medium-sized bowl.
2. Cover and refrigerate for at least one hour.
3. Mix again right before serving.
4. Refrigerate any leftovers.

Nutritional information for 1 serving

| | |
|-----------------------|--------|
| Calories | 119 |
| Total fat | 3 g |
| Saturated fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 110 mg |
| Carbohydrate | 20 g |
| Dietary fiber | 2 g |
| Total sugars | 3 g |
| Added sugars included | 1 g |
| Protein | 4 g |

June 2025

10 Outdoor Workout Safety Tips

As the weather starts to warm up, it's the perfect time to take your exercise regimen out of the gym and soak up some vitamin D. Exercise of any kind may enhance your physical and mental well-being, but in particular, outdoor exercise can provide additional benefits you may not have thought of. Working out in nature can alleviate negative feelings, enhance immune function, sharpen your mind, improve sleep quality and strengthen social bonds.

Set yourself up for a successful and safe outdoor workout and consider these 10 tips:

1. Check the weather forecast to ensure conditions are safe for outdoor exercise, avoiding extreme heat or cold and severe weather.
2. Avoid exercising during the hottest part of the day, typically between 10 a.m. and 4 p.m.
3. Wear comfortable, weather-appropriate clothing and supportive shoes. Lightweight, loose-fitting clothes allow air to circulate and keep you cool. Reflective clothing can also help keep you safe and visible, especially around dawn and dusk.
4. Bring a water bottle and take regular sips to stay hydrated—whether you're thirsty or not.
5. Apply a broad-spectrum sunscreen with an SPF of 30 or higher and reapply every two hours or after sweating or swimming.
6. Use insect repellent to ward off mosquitoes, ticks and other bugs.
7. Inform a trusted friend or family member about your plans and when they can expect you back if you're exercising alone.
8. Bring your phone and ensure it has enough charge to call for assistance if you get lost on a trail, suddenly feel unwell or get injured.
9. Carry some form of identification, such as an ID bracelet or a card with your name, emergency contact information and any relevant medical details.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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10. Avoid blasting music or podcasts on your earphones. This allows you to hear any oncoming cars, people and other potential hazards.

Always speak with your health care provider before beginning a new exercise program.

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 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 is likely to have been 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.

June 2025

Week 1 June 1–June 7

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

June 2025

Week 2 June 8–June 14

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

June 2025

Week 3 June 15–June 21

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

June 2025

Week 4 June 22–June 28

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

June 2025

Week 5 June 29–July 5

| GOALS/TO-DO LIST | SUN 29 | |
|------------------|-----------|--|
| | MON 30 | |
| | TUE 1 | |
| | WED 2 | |
| | THU 3 | |
| | FRI 4 | |
| | SAT 5 | |

Whole-grain Strawberry Pancakes

June 2025 Recipe

Makes: 7 servings



Ingredients

- 1 ½ cups whole-wheat flour
- 3 Tbsp. sugar
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 3 eggs
- 6 oz. low-fat vanilla yogurt
- ¾ cup water
- 3 Tbsp. canola oil
- 1 ¾ cups fresh strawberries (sliced)
- 6 oz. low-fat strawberry yogurt

Nutritional information for 1 serving

| | |
|-----------------------|--------|
| Calories | 260 |
| Total fat | 9 g |
| Saturated fat | 2 g |
| Cholesterol | 93 mg |
| Sodium | 390 mg |
| Carbohydrate | 36 g |
| Dietary fiber | 4 g |
| Total sugars | 16 g |
| Added sugars included | 10 g |
| Protein | 9 g |

Directions

1. Heat a griddle to 375 F or a 12-inch skillet over medium heat. If necessary, grease it with canola oil or spray it with cooking spray before heating.
2. In a large bowl, mix the flour, sugar, baking powder, baking soda and salt; set aside.
3. In a medium bowl, beat the eggs, vanilla yogurt, water and oil with an egg beater or wire whisk until well blended.
4. Pour the egg mixture all at once into the flour mixture; stir until moistened.
5. For each pancake, pour slightly less than ¼ cup of batter from the cup or pitcher onto the hot griddle.
6. Cook the pancakes for 1 to 2 minutes or until bubbly on top, puffed and dry around the edges. Turn; cook the other sides for 1 to 2 minutes or until golden brown.
7. Top each serving (2 pancakes) with ¼ cup sliced strawberries and 1 to 2 Tbsp. of strawberry yogurt.

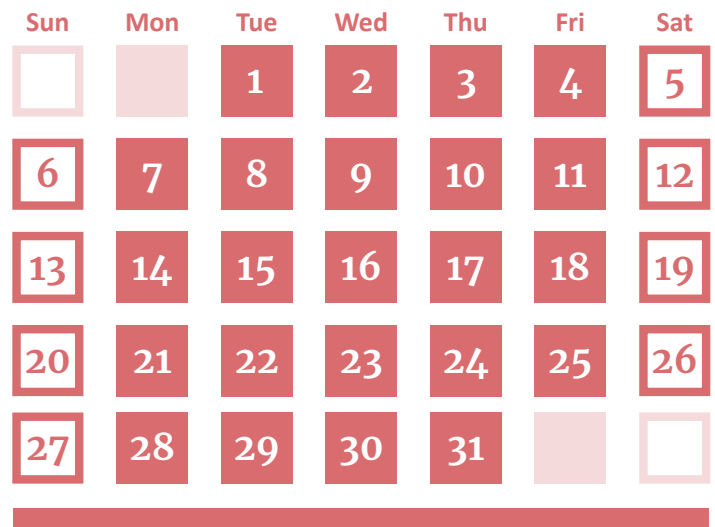
July 2025

Grilling Safety Tips

As warmer weather hits, the smell of food on the grill fills the air. According to the National Fire Protection Association, more than 10,000 home fires each year involve grills, so it's essential to brush up on barbecue safety. Consider these grilling safety tips:

- 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.
- Use only starter fluid for barbecue grills that use charcoal. Do not use starter fluid for gas grills.
- Check the connection between the propane tank and the fuel line before using a gas grill to ensure it is working correctly and not leaking.
- Turn off the gas if you suspect your gas grill is leaking, and get the unit fixed before lighting it. Never use a match to check for leaks.
- Turn off the grill and the gas if your propane grill's flame goes out. 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 but also a carbon monoxide hazard.

Grills can also cause burns. It's important to exercise caution as you flip foods on the grill to ensure your hands' and arms' safety. Lastly, don't let children or pets play near the grilling area until the grill is completely cool.



Don't Let Ticks Ruin Your Summer

The warm summer months mean you'll likely be spending more time outside. Unfortunately, summer is the season when ticks are the most active, putting you at a higher risk for tick-borne illnesses. The best way to avoid contracting a tick-borne disease is to practice proper preventive measures, which include the following:

- Wear light-colored clothing, including long-sleeved shirts and pants when in wooded areas, and tuck pant legs into socks or boots. Keep long hair tied back.
- Wash your body and clothing after all outdoor activities.
- Look periodically for ticks if you have been outdoors, especially if you have been in wooded areas or gardens.
- Remove ticks within 24 hours to greatly reduce the risk of contracting diseases.
- Talk with your veterinarian about tick repellent for your pet.
- Check your pet's coat if they have been in a possibly tick-infested area.

July 2025

Week 1 July 6–July 12

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

July 2025

Week 2 July 13–July 19

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

July 2025

Week 3 July 20–July 26

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

July 2025

Week 4 July 27–Aug. 2

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

Yogurt Popsicles

July 2025 Recipe

Makes: 12 servings



Ingredients

- 6 oz. frozen orange juice concentrate (thawed)
- 2 cups low-fat vanilla yogurt
- 12, 3-oz. paper cups
- 12 wooden sticks
- Aluminum foil

Nutritional information for 1 serving

| | |
|-----------------------|-------|
| Calories | 42 |
| Total fat | 1 g |
| Saturated fat | 0 g |
| Cholesterol | 2 mg |
| Sodium | 28 mg |
| Carbohydrate | 7 g |
| Dietary fiber | 0 g |
| Total sugars | 7 g |
| Added sugars included | 3 g |
| Protein | 2 g |

Directions

1. In a medium bowl, combine the thawed juice concentrate and yogurt. Stir until smooth.
2. Place the paper cups close together on a baking sheet.
3. Pour the yogurt and juice mixture into the paper cups.
4. Cover the cups with a sheet of aluminum foil.
5. Insert a stick for each freezer pop by making a slit in foil over the center of each cup. The aluminum foil keeps the sticks in place as the juice/yogurt mixture freezes.
6. Freeze the popsicles until firm.
7. Run warm water on the outside of each cup to loosen each popsicle from the cup.
8. Store leftovers in a sealed container in the freezer.

August 2025

Foods Offering Natural Sun Protection

Diet is often overlooked in terms of how our bodies adapt to external environments during different seasons. An enzyme that repairs ultraviolet (UV)-damaged skin has a daily cycle of production that can be altered by eating food at unusual times. That means if you have a normal eating schedule—for example, breakfast in the morning—you’ll be better protected from UV rays during the daytime. Try incorporating these skin-friendly foods early in the day:

- **Blueberries** are rich in antioxidants that combat free radicals that can damage skin due to sun exposure. Try a breakfast parfait made with layers of yogurt, blueberries and granola.
- **Watermelon** actually contains more lycopene than tomatoes. Lycopene absorbs UVA and UVB radiation, so enjoy watermelon slices or use the fruit as a salsa base.
- **Nuts and seeds**, including walnuts, hemp seeds, chia seeds and flax, contain omega-3 fatty acids that are anti-inflammatory and help maintain your skin’s integrity. Trail mix is a great snack.
- **Cauliflower** contains the alpha-amino acid histidine, which stimulates the production of urocanic acid that absorbs UV radiation. Incorporate cauliflower into a breakfast hash or skillet.
- **Carrots and leafy greens** are packed with beta-carotene, which our bodies turn into vitamin A. Antioxidant-rich leafy greens can also protect against wrinkling and sun damage. Mix carrots and leafy greens into your morning smoothie to reap the benefits all day.
- **Green tea** is rich in epigallocatechin gallate (also known as EGCG), which is associated with reduced inflammation. It’s also been found to reduce skin damage from UVA light and protect against the decrease of collagen, which gives skin its firmness. Shake up your tea routine and try the beverage over ice.

| 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 | | | | | | |

While no food can replace the need for sunscreen and other sun-protection measures, incorporating these foods into your diet can bolster your skin’s defenses against harmful UV rays.

Are You Up to Date on Your Immunizations?

August is recognized as National Immunization Awareness Month to promote the importance of immunizations at all life stages. Vaccination protects against severe illnesses and complications of vaccine-preventable diseases. Such illnesses include measles, polio, hepatitis, meningococcal meningitis and COVID-19.

Vaccinations are so vital that the CDC offers immunization schedules to help you understand if you or other loved ones are up to date on vaccinations:

- [Infants and children](#) (birth to age 6)
- [Preteens and teens](#) (ages 7-18)
- [Adults](#) (ages 19 and older)
- [Pregnant women](#) (before, during and after pregnancy)

Talk to your doctor for more information on vaccines or to learn which ones you need.

August 2025

Week 1 Aug. 3–Aug. 9

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

August 2025

Week 2 Aug. 10–Aug. 16

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

August 2025

Week 3 Aug. 17–Aug. 23

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

August 2025

Week 4 Aug. 24–Aug. 30

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

August 2025

Week 5 Aug. 31–Sept. 6

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

Black Bean Burgers

August 2025 Recipe

Makes: 4 servings



Ingredients

- 15.5 oz low-sodium black beans (drained and rinsed with cold water)
- 1 large egg
- ½ cup cooked brown rice
- 2 scallions (green and white, minced about ¼ cup)
- 2 Tbsp. chopped fresh cilantro (or basil or a combination)
- 1 clove garlic (peeled and minced)
- ¼ tsp. dried oregano or basil
- 1 tsp. vegetable oil
- ½ tsp. salt
- ½ tsp. black pepper
- 4 whole-wheat buns

Directions

1. Add the beans to a bowl and mash with a fork until chunky. Add the egg and mix well.
2. Add the precooked rice, scallions, garlic, oregano, salt and black pepper and mix until well combined.
3. Divide the mixture into four portions and form each portion into a patty about ¾- to 1-inch thick.
4. Place a large skillet on the stove on high heat. When the skillet is hot, add the oil. Add the burgers and cook for 4 to 5 minutes per side until browned on both sides and heated throughout.
5. Place on a whole wheat bun.

Nutritional information for 1 serving

| | |
|-----------------------|--------|
| Calories | 274 |
| Total fat | 5 g |
| Saturated fat | 1 g |
| Cholesterol | 53 mg |
| Sodium | 668 mg |
| Carbohydrate | 47 g |
| Dietary fiber | 12 g |
| Total sugars | 4 g |
| Added sugars included | 3 g |
| Protein | 13 g |

Source: MyPlate

September 2025

Get Back Into Your Routine With Breakfast

Transitioning from summer to fall can be tough. Whether you spent the summer traveling and enjoying the outdoors and are returning to a regular work schedule, or you're a parent trying to get your kids adjusted to a school schedule, it's likely not fun or easy. Making breakfast a staple in your morning routine can offer structure and set you up for a focused, productive day.

Eating breakfast helps to control snacking and binge eating throughout the day. Typically, when one skips breakfast, hunger takes control, leading to unwise food choices later in the day—including excessive calorie intake. In fact, studies have shown kids who skip breakfast are twice as likely to be overweight.

A “balanced” breakfast should include a substantial amount of fiber (which can include fruit or vegetables), low- or nonfat dairy, whole grains and some lean protein. A good breakfast might be a high-fiber, fortified cereal with milk, eggs, and an apple or orange. This breakfast alone provides the essential vitamins B, C and D, calcium, folic acid, protein and iron.

| 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 | | | | |

Eye Health 101

Keeping your eyes healthy is a very important task. Fortunately, it's also an easy thing to do. Here are five simple ways you can keep your eyes healthy:

- 1. Get a regular exam.** Complete eye exams consist of a series of tests designed to evaluate your vision and check for eye diseases.
- 2. Wear protective eyewear.** When you're playing sports or doing a task that requires eyewear to be worn, heed the advice and wear glasses or goggles to prevent injury to your eyes.
- 3. Don't smoke.** Smoking can contribute to a host of irreversible eye diseases, so quit or refrain from smoking to protect your eyes.
- 4. Put your shades on.** Wearing sunglasses protects your eyes from the sun's harmful rays. Don't forget to put them on when you're outside!
- 5. Give your eyes a break.** Staring at a computer screen for too long can cause a painful strain on your eyes. Try giving yourself a short break from looking at the screen whenever possible.

September 2025

Week 1 Sept. 7–Sept. 13

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

September 2025

Week 2 Sept. 14–Sept. 20

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

September 2025

Week 3 Sept. 21–Sept. 27

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

September 2025

Week 4 Sept. 28–Oct. 4

| GOALS/TO-DO LIST | SUN 28 | |
|------------------|-----------|--|
| | MON 29 | |
| | TUE 30 | |
| | WED 1 | |
| | THU 2 | |
| | FRI 3 | |
| | SAT 4 | |

Apple Oatmeal Muffins

September 2025 Recipe

Makes: 6 servings



Ingredients

- ½ cup nonfat milk
- ⅓ cup unsweetened applesauce
- ½ cup all-purpose flour
- ½ cup quick-cooking oats (uncooked)
- 1 cup sugar
- ½ Tbsp. baking powder
- ½ tsp. ground cinnamon
- 1 tart apple (cored and chopped)

Nutritional information for 1 serving

| | |
|-----------------------|--------|
| Calories | 218 |
| Total fat | 1 g |
| Saturated fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 132 mg |
| Carbohydrate | 52 g |
| Dietary fiber | 2 g |
| Total sugars | 38 g |
| Added sugars included | 32 g |
| Protein | 3 g |

Directions

1. Preheat oven to 400 F.
2. Place six cupcake holders in a baking tin.
3. In a mixing bowl, add the milk and applesauce. Stir until blended.
4. Stir in the flour, oats, sugar, baking powder and cinnamon. Mix until moistened.
5. Gently stir in the chopped apples.
6. Spoon into cupcake holders.
7. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
8. Cool in pan for 5 minutes before serving. Store unused portions in an airtight container.

October 2025

Don't Forget to Get Your Flu Shot

Each year, the U.S. 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, flu 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 of age get the flu vaccine. You can get vaccinated against the flu at your doctor's office, a clinic, a pharmacy and maybe even your place of employment. Some urgent care clinics and local health departments also provide flu vaccines.

Flu season typically runs from October to May. However, most flu cases occur between December and February. The CDC strongly recommends getting vaccinated by the end of October to reduce your risk of severe illness.

| 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 | |

Healthy Portion Sizes

A portion is the amount of a specific food an individual eats for a meal or snack. Many factors affect food portions, such as age, gender, activity level, appetite, and where or when the food is obtained and eaten.

A portion is the amount of food you choose to eat. There is no standard or correct portion size. A serving is a standard amount used to advise how much to eat and identify how many calories and nutrients are in a particular food.

For a general idea of the amount of food you should be consuming, use the following recommendations:

- One serving of meat is about 2 or 3 ounces—about the size of the palm of your hand.
- One serving of grains is equal to one slice of bread, 1 ounce of cereal, or a half-cup of pasta or rice.
- One serving of fruit or vegetables is equal to one piece of fresh fruit or vegetable, half a cup of chopped fruit or vegetables or three-quarters of a cup of either juice. In general, it's not as necessary to be vigilant about vegetable and fruit intake, as any amount is healthy—just be aware of the sugar content in fruit.

October 2025

Week 1 Oct. 5–Oct. 11

| GOALS/TO-DO LIST | SUN 5 | |
|------------------|-----------|--|
| | MON 6 | |
| | TUE 7 | |
| | WED 8 | |
| | THU 9 | |
| | FRI 10 | |
| | SAT 11 | |

October 2025

Week 2 Oct. 12–Oct. 18

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

October 2025

Week 3 Oct. 19–Oct. 25

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

October 2025

Week 4 Oct. 26–Nov. 1

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

Sweet Potato Harvest Salad

October 2025 Recipe

Makes: 4 servings



Ingredients

- 4 cups sweet potatoes (diced)
- 1 cup red apple (diced)
- ¼ cup pomegranate seeds
- 4 Tbsp. unsalted pumpkin seeds (pepitas)
- 1 Tbsp. apple cider vinegar
- 2 ½ tsp. extra virgin olive oil
- ¼ tsp. salt
- ⅛ tsp. black pepper

Nutritional information for 1 serving

| | |
|-----------------------|--------|
| Calories | 244 |
| Total fat | 10 g |
| Saturated fat | 2 g |
| Cholesterol | 0 mg |
| Sodium | 255 mg |
| Carbohydrate | 35 g |
| Dietary fiber | 6 g |
| Total sugars | 10 g |
| Added sugars included | 0 g |
| Protein | 7 g |

Directions

1. Preheat oven to 400 F.
2. Drizzle the diced sweet potatoes with 1 tsp. of olive oil and roast in the oven on a baking sheet for 10 minutes.
3. Once the sweet potatoes are cooked, remove them from the oven and allow them to cool.
4. In a large mixing bowl, combine the sweet potato, apples, pomegranate seeds and pepitas.
5. Whisk the remaining ½ Tbsp. of olive oil, apple cider vinegar, salt and black pepper in a separate bowl.
6. Once mixed, add to the sweet potato mixture and toss until the salad is lightly coated.

November 2025

Creating a Sleep-friendly Bedroom

Quality sleep is a cornerstone of good health and well-being, yet many struggle to get the restorative rest they need each night. While stress and lifestyle choices often play a significant role in sleep quality, environmental factors such as light, noise, temperature and comfort all play a crucial role in determining the quality of your rest. Creating a sleep-friendly bedroom promotes relaxation, reduces disturbances and improves overall sleep quality.

Here are some practical tips for transforming your bedroom into a haven for restful sleep:

- **Opt for low lighting.** Invest in blackout curtains or blinds to block out external light sources, and avoid using bright overhead lights in the evening. Instead, opt for soft, dim lighting to signal your body that it's time to wind down.
- **Minimize noise.** Identify sources of noise in your bedroom and take steps to minimize them. This may involve using earplugs, white noise machines or soundproofing materials to create a quieter sleep environment.
- **Control the temperature.** Keep your bedroom cool and comfortable by adjusting the thermostat or using fans to circulate air. You may also experiment with different bedding materials.
- **Declutter and organize.** A clutter-free bedroom can promote a sense of calm and relaxation, making it easier to unwind before bed. Keep surfaces clutter-free, organize belongings and create a peaceful ambiance with minimal decor.
- **Create a relaxing atmosphere.** Incorporate elements that promote relaxation and tranquility, such as calming colors, soothing scents and soft textures.
- **Establish a bedtime routine.** Develop a consistent bedtime routine to signal your body that it's time to sleep.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
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| 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 | | | | | | |

Start Planning Now for a Stress-free Holiday Season

While the holiday season often brings joy and togetherness, it can also cause stress for many individuals. Top holiday stressors include budgeting, managing multiple commitments and finding the perfect gifts. Fortunately, getting organized and planning what you can do ahead of time can help reduce your holiday stress. Consider the following tips:

- **Write down any known commitments.** Are you planning on hosting a holiday dinner? Does your child's school have a seasonal concert? Making a list of your commitments can help you plan your time accordingly and avoid double-booking yourself.
- **Create your budget now.** You're not alone if you're stressed about how your holiday spending will impact you after the season ends. Remember that the sentiment of a gift is much more important than the cost. As such, be sure to set a realistic budget for gifts and stick to it.
- **Start shopping early.** Don't be afraid to shop early. Sometimes, you can get great deals on presents even before the holiday season hits. Additionally, you can avoid the scenario of not being able to get the gift you want because it's sold out.

November 2025

Week 1 Nov. 2–Nov. 8

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

November 2025

Week 2 Nov. 9–Nov. 15

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

November 2025

Week 3 Nov. 16–Nov. 22

| GOALS/TO-DO LIST | SUN 16 | |
|------------------|-----------|--|
| <hr/> | MON 17 | |
| <hr/> | TUE 18 | |
| <hr/> | WED 19 | |
| <hr/> | THU 20 | |
| <hr/> | FRI 21 | |
| <hr/> | SAT 22 | |
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November 2025

Week 4 Nov. 23–Nov. 29

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

November 2025

Week 5 Nov. 30–Dec. 6

| GOALS/TO-DO LIST | SUN 30 | |
|------------------|-----------|--|
| | MON 1 | |
| | TUE 2 | |
| | WED 3 | |
| | THU 4 | |
| | FRI 5 | |
| | SAT 6 | |

Stuffed Green Peppers

November 2025 Recipe

Makes: 4 servings



Ingredients

- 4 large green bell peppers (washed)
- 1 lb. 85% lean ground turkey
- 1 cup rice (uncooked)
- ½ cup onion (peeled and chopped)
- 1 ½ cups unsalted tomato sauce
- Black pepper (to taste)

Nutritional information for 1 serving

| | |
|-----------------------|-------|
| Calories | 452 |
| Total fat | 15 g |
| Saturated fat | 4 g |
| Cholesterol | 84 mg |
| Sodium | 99 mg |
| Carbohydrate | 53 g |
| Dietary fiber | 5 g |
| Total sugars | 9 g |
| Added sugars included | 6 g |
| Protein | 25 g |

Directions

1. Cut around the stem of the green bell peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash, and then cook the peppers in boiling water for 5 minutes. Drain well.
3. In a saucepan, brown the turkey. Add the rice, onion, ½ cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in a casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 F.

December 2025

Don't Let Winter Derail Your Workout

If you find it harder to keep up with your workouts as the temperatures drop, you're not alone. Many Americans find it increasingly difficult to remain committed as the holiday blues, shorter days and less-than-ideal weather create obstacles. Whether you're a gym-goer or outdoor exerciser, there are simple ways to overcome winter obstacles and keep your fitness on track:

- **Remember to warm up.** If you're an outdoor exerciser and the weather is colder, try doing your warmup inside. Not only will you raise your internal body temperature before going outside, but you'll also increase the temperature of your muscles, which can reduce your risk for injury.
- **Prep the night before.** If you're an early morning exerciser, set out everything you need for the next day the night before. Then, all you need to do when your alarm goes off is get up, get dressed and go to the gym.
- **Have a backup plan.** Even the most dedicated exercisers can lose their motivation. That's why it's essential to have a backup workout plan that you can do at home. It doesn't have to be lengthy; doing something is better than doing nothing at all.

You could also take advantage of the winter season and try something new, like snowshoeing, ice skating or sledding, for some movement. Staying on top of your fitness during winter can be challenging, but keep pushing and think about why you work out in the first place. Focus on your reason.

| 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 | | | |

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.

December 2025

Week 1 Dec. 7–Dec. 13

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

December 2025

Week 2 Dec. 14–Dec. 20

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

December 2025

Week 3 Dec. 21–Dec. 27

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

December 2025

Week 4 Dec. 28–Jan. 3, 2026

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

Applesauce Loaf Cake

December 2025 Recipe

Makes: 16 servings



Ingredients

- ½ cup walnuts (chopped)
- 1 ½ cups unsweetened applesauce
- 1 egg
- 1 cup sugar
- 2 Tbsp. vegetable oil
- 1 tsp. vanilla extract
- 2 cups all-purpose flour
- 2 tsp. baking soda
- ½ tsp. ground cinnamon
- ½ tsp. ground nutmeg
- 1 cup raisins

Nutritional information for 1 serving

| | |
|-----------------------|--------|
| Calories | 187 |
| Total fat | 5 g |
| Saturated fat | 1 g |
| Cholesterol | 12 mg |
| Sodium | 164 mg |
| Carbohydrate | 35 g |
| Dietary fiber | 1 g |
| Total sugars | 20 g |
| Added sugars included | 12 g |
| Protein | 3 g |

Directions

1. Preheat the oven to 350 F. Grease two 8-by-4-by-2-inch loaf pans.
2. Toast the walnuts in an ungreased skillet pan. Stir while heating on medium-low heat for 5-7 minutes. They are done when they are brown and smell nutty. Set aside to cool.
3. Mix the applesauce, egg, sugar, oil and vanilla in a large bowl.
4. Mix the flour, baking soda, cinnamon and nutmeg together in a smaller bowl.
5. Pour the flour mixture into the applesauce mixture.
6. Stir in the raisins and cooled toasted nuts.
7. Pour half of the batter into each greased pan. Bake for 45-55 minutes.
8. Remove the cakes from the oven. Cool for 10 minutes. Remove from pans to finish cooling. For best taste, let cakes cool for a few hours before serving.