



a year of good health

2025

FOUNDATION FOR

w e l l n e s s s

BASICS STILL MATTER

Even with medications, screening technology, advances in vaccines and decades of medical research, you still need to eat well, sleep enough, exercise and tend to your mental health.

Health begins with you. Lay a foundation with health-boosting lifestyle habits. With these basic building blocks, you can construct a personalized health care and wellness plan with your health care provider's help.

If you are just starting to make changes to your health, pick 1 goal or small action to start with. Once that goal is reached and becomes a routine part of your life, add another positive change.

Perhaps you can start with 1 of these changes, or choose anything else that will help you reach your healthy lifestyle goals:

- Add 10 extra minutes of exercise daily.
- Choose water instead of sugary drinks once a day.
- Eat 1 extra serving of vegetables daily.
- Meditate for 5 minutes each day.
- Choose whole grains instead of refined grains once a day.
- Turn off screens 1 hour before bedtime.
- Swap out red meat once a week and choose tofu or beans instead.
- Add 5 minutes of squats, push-ups and sit-ups to your day.
- Add stretching or yoga to your exercise options.
- Stop drinking caffeinated beverages 8 hours before bedtime.

Studies show that slow, gradual change is more sustainable than a lifestyle overhaul or upheaval, so make 1 manageable change at a time. Use the following tips and actions to stay well throughout 2025 – and beyond.

A person is shown in silhouette, meditating in a lotus position on a large rock in a lake. The sun is low on the horizon, creating a warm, golden glow and reflecting on the water. The scene is peaceful and serene, with trees and foliage visible in the background.

Lay a Foundation

JANUARY 2025



Observances: Cervical Health Awareness • Dry January
• Glaucoma Awareness • Winter Sports TBI Awareness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DECEMBER 2024 S M T W T F S 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	Does cold weather keep you from exercising outdoors? If it's too cool for an outside walk, head to a supermarket or mall and walk there instead. Look for exercise and dance classes at your community center or local gym. Or, stay indoors and follow a streaming workout, such as walking, aerobics or strength training. There's likely an online class for you.		New Year's Day 1 TRACK > Daily Exercise Time, Blood Pressure, Calories or Other	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Healthy Weight Week (19-25) (U.S.) 19	Martin Luther King, Jr. Day (U.S.) 20	21	22	23	24	25
			Take time to relax.			
26	Identity Theft Awareness Week (27-31) (U.S.) 27	28	Lunar New Year 29	30	31	FEBRUARY S M T W T F S 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

HEART OWNER'S MANUAL

Your heart requires care to stay in tip-top shape and pumping blood without interruption. Here's a concise owner's manual for your heart:

Eat well: Fuel your heart with whole, nutrient-rich foods. Fill half of each meal with vegetables and fruit, a quarter with whole grains and a quarter with protein. Limit ultra-processed foods, which are often high in salt, sugar and saturated fats.

Stay active: Keep your heart pumping with regular physical activity. Aim for at least 150 minutes of moderate-intensity aerobic exercise each week, such as brisk walking. Incorporate strength training exercises to enhance muscle mass. Find activities you'll enjoy and can sustain long-term.

Quit smoking: Stub out the habit for good. Smoking damages blood vessels and elevates the risk of heart disease. If you have trouble quitting, seek support from a cessation program or therapist.

Get enough sleep: Aim for 7 to 9 hours of sleep each night. Establish a soothing bedtime routine, create a comfortable sleep environment and limit screen time before bed.

Manage stress: Practice relaxation techniques, such as deep breathing, meditation or yoga, to alleviate stress. Foster a supportive network of friends and family and embrace healthy coping mechanisms. Trouble dealing with your mood? See a therapist if needed.

Reduce alcohol: Excessive alcohol consumption can elevate blood pressure and disrupt heart rhythm. If you don't drink, don't start. If you do drink, the recommended limit is no more than 1 drink a day for women or 2 drinks a day for men.

By following these guidelines, you can create a lifestyle that fosters heart health for years to come.

A person's hands are raised in the center of the frame, forming a heart shape that frames the setting sun. The sun is a bright, glowing orb, and its light creates a lens flare effect. The sky is a mix of deep blue and warm orange, with wispy white clouds. In the foreground, there is a field of tall, thin grasses, some of which are in sharp focus, while others are blurred. The overall mood is peaceful and hopeful.

In a Heartbeat

FEBRUARY 2025



Observances: American Heart • Children's Dental Health
• Low Vision Awareness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Some foods contain fats that play a beneficial role in heart health, while others may be detrimental. Choose more: extra-virgin olive, avocado and nut oils, which mostly contain healthy monounsaturated fats. Choose more: fatty fish, walnuts and flax, which have heart-boosting omega-3 fats. Choose less: red meat, fast food and deep-fried foods, which are high in less heart-friendly saturated fats.</p>					<p>JANUARY</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>1</p> <p>TRACK > Daily Exercise Time, Blood Pressure, Calories or Other</p>
Groundhog Day 2	3	4	5	6	Wear Red Day (U.S.) 7	8
9	10	11	12	13	St. Valentine's Day 14	15
16	Presidents' Day (U.S.) 17	18	19	20	21	22
23	24	25	26	27	Ramadan Begins at Sundown 28	<p>MARCH</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>
			Get the latest COVID shot.			

GROCERY SHOP WITH A DIETITIAN

Let's head to the grocery store with a registered dietitian as your guide. You will find the most nutritious options and best prices.

Most grocery stores have a similar layout. Fruits and vegetables are first, and milk is in the back. There's science behind this: Many people buy milk, so it's strategically placed to make you walk through the whole store, buy more items and spend more money.

Don't fall for this. Keep a shopping list handy and only buy what you need. Fill your grocery cart the same way you plan your plate:

- **Fill half with vegetables and fruit.** Save money by purchasing frozen or canned options (less food waste since they won't rot in the fridge), or what's in season. Look for reduced prices for day-old or misshapen produce; it's just as nutritious.

- **Fill a quarter with protein-rich foods.** Well-priced options include eggs, peanut butter, tofu and beans. Whole chicken is a better value than chicken breast, and canned fish often costs less than fresh fish.

- **Fill a quarter with grains.** Try whole-grain bread, pasta and brown rice. Buy oats in large bags instead of single portions. Choose store brands; they are made by large food companies but are packaged with different labels and cost less.

Finally, check coupons, apps and flyers to get the best prices. Skip buying foods you don't enjoy just because they are on sale. That's never a value. Watch out for aisle end caps with the word "special." It may not mean that an item is on sale, and the price may be the same as usual.

Supermarket Smarts



MARCH 2025



Observances: Brain Injury Awareness • Colorectal Cancer Awareness
• Kidney • Nutrition • Save Your Vision

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Which salt is healthiest? Himalayan salts, grey or pink, are marketed as the healthiest, but it's not true. Their sodium content is the same as any regular table salt. Choose salt with the flavor that best matches your taste buds and use it sparingly. And don't only rely on salt for flavor. Add a wonderful flair with herbs, spices, nutritional yeast, vinegar or a squeeze of citrus.</p>				<p>FEBRUARY</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28</p>	<p>APRIL</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>	<p>1</p> <p>TRACK > Daily Exercise Time, Blood Pressure, Calories or Other</p>
2	3	4	Ash Wednesday 5	6	Day of Unplugging Begins at Sundown (U.S.) 7	Day of Unplugging Ends at Sundown (U.S.) 8
Daylight Saving Time Begins 9	10	11	12	Purim Begins at Sundown 13	Purim Ends 14	15
Sleep Awareness Week (9-15) (U.S.)						
Poison Prevention Week (16-22) 16	St. Patrick's Day 17	18	19	Spring Begins 20	21	22
			Shop with reusable bags.			
23	24	American Diabetes Alert Day 25	26	27	28	Ramadan Ends 29
30	31					

EXERCISE MYTHS

Exercise has many positive health benefits, including a lower risk of heart disease, stroke, type 2 diabetes and cancer. It also helps improve mental health and cognitive function. Sometimes, it's hard to start a new exercise regimen if you've been sedentary for a while. Clearing up some exercise myths may help:

Myth: Workouts take lots of time. **Truth:** Your goal is to get at least 150 minutes of moderate-intensity exercise per week. Broken down, that's 30 minutes of exercise on 5 days of the week.

Myth: I need to join a gym. **Truth:** You can work out anywhere and do not need to join a gym to get fit. Walking is free.

Myth: No pain, no gain. **Truth:** Exercise may lead to slightly sore muscles the next day. That's normal – it means your muscles are working. Mild discomfort is okay, but pain has no place in exercise. Pushing through pain can lead to injury and is not recommended.

Myth: Cardio is enough. **Truth:** Cardio exercises, such as walking, biking or swimming, are a great start. They get your heart pumping. But you want to pair cardio with some muscle-strengthening activities at least twice a week for a more balanced workout.

Myth: Protein powder and sports drinks fuel workouts. **Truth:** Unless you're an elite athlete or training for a marathon, lay off electrolyte drinks and protein smoothies. A regular workout requires water and a balanced post-exercise meal, which should include carbs to replenish glycogen stores and protein to repair muscle tissues. A simple turkey sandwich will suffice.



Outdoor Exercise: Yes!

APRIL 2025



Observances: Alcohol Awareness • Autism Acceptance • Cancer Control
• Irritable Bowel Syndrome Awareness • Minority Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MARCH</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	<p>MAY</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>	<p>1</p> <p>Walking Day (U.S.)</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p> <p>11</p> <p>12</p> <p>13</p> <p>14</p> <p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20</p> <p>21</p> <p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>26</p> <p>27</p> <p>28</p> <p>29</p> <p>30</p> <p>31</p>	<p>1</p> <p>Walking Day (U.S.)</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p> <p>11</p> <p>12</p> <p>13</p> <p>14</p> <p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20</p> <p>21</p> <p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>26</p> <p>27</p> <p>28</p> <p>29</p> <p>30</p> <p>31</p>	<p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p> <p>11</p> <p>12</p> <p>13</p> <p>14</p> <p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20</p> <p>21</p> <p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>26</p> <p>27</p> <p>28</p> <p>29</p> <p>30</p> <p>31</p>	<p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p> <p>11</p> <p>12</p> <p>13</p> <p>14</p> <p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20</p> <p>21</p> <p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>26</p> <p>27</p> <p>28</p> <p>29</p> <p>30</p> <p>31</p>	<p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p> <p>11</p> <p>12</p> <p>13</p> <p>14</p> <p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20</p> <p>21</p> <p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>26</p> <p>27</p> <p>28</p> <p>29</p> <p>30</p> <p>31</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>Spend time in nature.</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>Passover Begins at Sundown</p>
<p>Palm Sunday</p> <p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>Good Friday</p> <p>18</p>	<p>19</p>
<p>Easter</p> <p>Passover Ends</p> <p>Orthodox Easter</p> <p>20</p>	<p>21</p>	<p>Earth Day</p> <p>22</p>	<p>Administrative Professionals Day</p> <p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>Have you heard of doom scrolling? Constantly scrolling through bad news can trigger sadness, anxiety or anger and contribute to headaches and lost sleep. What's more, finding differing information about medical crises or worrisome topics can be confusing and result in even more doom scrolling. To avoid or reduce doom scrolling, check the news just once or twice daily.</p>		

TLC FOR YOUR MIND

Taking care of your mental health is every bit as important as other aspects of your well-being. When you are at your best mentally, you'll have the focus and energy to accomplish more of the things that matter to you – and to be able to savor life's experiences to their fullest.

What are some of the key components to maintaining your mental health?

Stay active. Moving your body will benefit your mind, whether you engage in vigorous exercise or take a leisurely walk in the woods.

Eat well. A diet rich in fruits, vegetables, nuts, whole grains and legumes (e.g., beans, peas and lentils) and water for sufficient hydration can help your brain function at its best.

Sleep soundly. Set up your environment using good sleep hygiene guidelines (e.g., ensuring that your bedroom is dark and quiet) to ensure that you will feel sufficiently rested the next day.

Foster connections. Nurture your relationships with friends, family, colleagues and even casual acquaintances (who might also be potential friends).

Pursue passions. Whether you love attending cat shows, completing jigsaw puzzles or adventure travel, make sure to carve out time for activities that you find satisfying.

Remain present. Practicing some type of mindfulness, which may include deep breathing or meditation, can help you limit the time you spend ruminating about the past or worrying about the future.

Practice gratitude. Every day, take stock of the things and people you're thankful for.

Set limits. To do all of the above, make yourself a priority by saying no to requests from others when appropriate.



Relax Your Brain

MAY 2025



Observances: Asthma and Allergy Awareness • Global Employee Health and Fitness
 • High Blood Pressure Education • Mental Health • Osteoporosis • Skin Cancer Awareness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Too many people experience mental health-related distress without the care they need. By calling or texting 988, you will connect with mental health professionals at the 988 Suicide and Crisis Lifeline. You can also chat at 988lifeline.org. The service is free and confidential. When you call, you will be transferred to your local Lifeline network center.</p>	<p>APRIL</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>		<p>JUNE</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p>		<p>1</p> <p>TRACK > Daily Exercise Time, Blood Pressure, Calories or Other</p>	<p>2</p>	<p>3</p>
4	5	6	7	8	9	10	
<p>Mother's Day</p> <p>Women's Health Week (11-17) (U.S.)</p> <p>11</p>	12	13	14	15	16	<p>Armed Forces Day (U.S.)</p> <p>17</p>	
18	19	20	21	22	<p>Don't Fry Day (U.S.)</p> <p>23</p>	24	
25	<p>Memorial Day (U.S.)</p> <p>26</p>	27	<p>Avoid screens at bedtime.</p> <p>28</p>	29	30	31	

CYBER SAFETY MADE SIMPLE

Don't let cybersecurity overwhelm you.

It doesn't demand extensive time or financial resources. Investing a few minutes and knowing your surroundings can help safeguard you against cybercrimes.

Follow these simple tips:

Turn on multi-factor authentication (MFA) or two-factor authentication (2FA). Use MFA or 2FA whenever you can to provide an extra layer of protection. MFAs require another verification step beyond passwords, such as replying to a text, applying a code that is sent to you, using a PIN or verifying your identity in another way.

Update your software. Cybercriminals will exploit flaws in the system so keep your software and apps updated.

Watch for phishing schemes. Cybercriminals may send you a text, email or direct message requiring you to click links, change your passwords or call a number. Don't do it. Contact the company directly using the information on their website to see if the message is legitimate.

Inspect all URLs before scanning a QR code. Look for tampering, such as misspelled words. Look out for QR codes in unusual places, and double-check them on items that can be easily moved or covered, such as napkin holders and meters.

Use strong, unique passwords for each online account. It should be at least 12 to 16 characters long, using uppercase and lowercase letters, symbols and numbers. A random string of characters instead of a recognizable word or phrase is best. **Tip:** Use a password manager to generate random, unique passwords and store them.

Monitor your financial accounts. Get your free credit reports at annualcreditreport.com. Report discrepancies.



Surf Safely

JUNE 2025



Observances: Alzheimer's and Brain Awareness • Cataract Awareness
• Home Safety • Internet Safety • Safety

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	D-Day 6	7
8	Men's Health Week (9-15) (U.S.) 9	10	11	12	13	Family Health & Fitness Day (U.S.) 14 Flag Day (U.S.)
Father's Day 15	16	17	18	Juneteenth (U.S.) 19	Summer Begins 20	21
22	23	24	25	26	HIV Testing Day (U.S.) 27	28
29	30	MAY S M T W T F S 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		JULY S M T W T F S 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		Working from home? Use these tips to avoid distractions. Temporarily turn off phone and email alerts when you need to concentrate. Although these notifications may be brief, research suggests they prompt mind-wandering. Taking regular breaks may seem like a distraction, but research shows you'll likely be more focused afterward. Stop checking social media throughout your workday. Avoid the temptation by striving to only visit social media once your work is finished.

TRACK >
Daily Exercise Time,
Blood Pressure,
Calories or Other

Learn first aid.

SUMMER FUN ON A BUDGET

You don't always need to travel to an expensive beach location to relish the beauty of summer.

Sometimes it's easy to enjoy summer by exploring your area, traveling to a less-popular destination or simply mastering a new skill. Here are some budget-friendly tips to create unforgettable memories.

Tour your city or town. Take in all the things you never do as a resident. That could mean joining a walking tour, enjoying coffee or ice cream at a new spot, exploring a neighborhood you've rarely gone to or visiting a small, local museum.

Try these activities with your family or friends:

- **Visit** a pick-your-own flower farm and gather bouquets for yourself and some friends or a loved one.
- **Arrange** a scavenger hunt in your neighborhood for children and adults.
- **Explore** camping. Borrow equipment from a friend or buy it used.
- **Have** a backyard barbecue or potluck.
- **Enjoy** a park or nature reserve and go for a walk or hike and have a picnic.
- **Take** a day trip to a nearby area you've never been to and explore its attractions.
- **Swim** at a lake or pond or play at a local spray park or splash pad.
- **Play** scientist. Identify plants, trees and insects. Children can keep a journal of their discoveries.
- **Discover** the night sky at a stargazing event.
- **Attend** a free outdoor concert or movie.
- **Build** giant backyard games, such as tic-tac-toe or checkers.
- **Make** fruit or yogurt frozen treats.

Don't forget your hats and water. Make sure everyone covers up with sunscreen.

Make Summer Joy

JULY 2025



Observances: Minority Mental Health Awareness • Park and Recreation • UV Safety

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>True or False? Applying sunscreen once protects you for several hours outdoors. False. Apply 1 ounce of broad-spectrum sunscreen with SPF 30 to your entire body and reapply every 2 hours, especially after swimming or sweating. Tip: Sunscreens are only labeled broad spectrum if they have been shown to help screen out UVA and UVB rays.</p>		<p>1</p> <p>TRACK > Daily Exercise Time, Blood Pressure, Calories or Other</p>	<p>2</p>	<p>3</p>	<p>Independence Day (U.S.)</p> <p>4</p>	<p>5</p>
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	World Hepatitis Day	28	29	30	31	
					<p>JUNE</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p>	<p>AUGUST</p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p>

PERSONALIZE YOUR EXERCISE

Exercise is easier when you choose activities that fit your preferences, budget and lifestyle. Here are some tips for finding the right options for you.

Choose what you enjoy. Your exercise program can get derailed if you don't enjoy it. Set yourself up for success by answering these questions before you start:

- Do I prefer group or team activities or solo exercise?
- Do I want to exercise indoors or outdoors?
- Do I want something fast-paced or slow and mellow?

Consider variety. Any exercise is good, but some people get bored with the same routine. Consider a variety of exercises to work different muscle groups and keep your interest. Try to get some aerobic exercise (walking, cycling, tennis) and some muscle-building exercise (weights, planks, squats) each week.

Factor in the cost. Some exercise is free, such as walking outdoors or at a mall. Some exercise is low-cost, like swimming at a community center or following a workout video online. Other sports, such as golf and skiing, require expensive equipment or memberships. Choose what you can afford so you will stick with it.

Choose times wisely. Consider the best time of day to exercise so it fits your routine. You can also multi-task to fit things in: Some people like to watch TV while they exercise, work while walking on a desk treadmill or socialize with friends while getting fit.

Remember, exercise doesn't need to be formal or planned. You can fit in fitness by gardening, vacuuming, taking the stairs instead of the elevator and dancing when you hear your favorite song.



Move Your Way

AUGUST 2025



Observances: Breastfeeding • Children's Eye Health and Safety
• Immunization Awareness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Ask your health care provider or pharmacist when flu shots will be available. Get yours as soon as possible. Vaccines for flu and COVID-19 reduce the risk of infection and lower your chances of being hospitalized and treated for serious complications if you do become ill. Did you know? It's safe to get both vaccinations at the same visit, now a commonly recommended medical practice. Your provider can tell you if you need other vaccinations.</p>			<p>JULY</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>		<p>SEPTEMBER</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>		<p>1</p> <p>TRACK > Daily Exercise Time, Blood Pressure, Calories or Other</p>
<p>Stop on Red Week (3-9) (U.S.)</p> <p>3</p>	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			Use less plastic.				

BEST SLEEP SECRETS

Adults need at least 7 to 9 hours of sleep per night, while children and teens require even more for healthy growth. While occasional sleep problems are common, improving your sleep can reap benefits, especially when it comes to your health.

Understanding your sleep needs based on your lifestyle and health is important. And while getting enough sleep is crucial, getting quality sleep matters, too. Fortunately, you can improve your sleep by simply adjusting your sleep environment and habits. Here's how:

- Get at least 150 minutes of moderate-intensity exercise a week. However, avoid strenuous exercise before bedtime to give your body time to relax.
- Stick to a consistent sleep schedule, even on weekends and vacations.
- Establish a relaxing bedtime routine to help you fall asleep faster. A routine can include taking a hot shower or bath, reading or meditating.
- Invest in a supportive and comfortable mattress, bedding and pillow.
- Adjust your bedroom temperature. Sleep experts say setting your thermostat between 65°F to 68°F is optimal.
- Get 30 minutes of natural light daily, even when it's cloudy.
- Limit naps to about 20 minutes.
- Disconnect from electronics (TV, tablet, phone) at least 30 minutes before bedtime.
- Limit caffeine and alcohol intake well before bedtime. Alcohol disrupts sleep patterns and causes fragmented sleep. Intake of caffeine less than 4 to 6 hours before bed can make it difficult to fall asleep.
- Eat 3 balanced and nutritious meals during the day, keeping each portion moderate in size. **Tip:** Make sure your largest meal is not eaten within 3 hours of your bedtime.
- Promote restful sleep by creating a comfortable sleeping environment. Try using a white noise machine to mask sounds.



Sleep Works Wonders

SEPTEMBER 2025



Observances: Fruits & Veggies – More Matters • Ovarian Cancer Awareness
• Prostate Cancer Awareness • Whole Grains

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>AUGUST</p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p>	<p>Labor Day (U.S.)</p> <p>1</p> <p>TRACK > Daily Exercise Time, Blood Pressure, Calories or Other</p>	2	3	4	5	6
<p>Grandparents Day</p> <p>7</p>	8	9	10	<p>Patriot Day (U.S.)</p> <p>11</p>	12	13
14	15	16	17	18	<p>Concussion Awareness Day (U.S.)</p> <p>19</p>	20
21	<p>Autumn Begins</p> <p>Rosh Hashanah Begins at Sundown</p> <p>22</p>	23	<p>Rosh Hashanah Ends</p> <p>24</p> <p>Get a flu shot.</p>	25	26	27
28	29	30	<p>OCTOBER</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>Humans normally blink an average of 15 times per minute. However, when staring at a computer or anything that requires intensive, close work, we blink about half that much. This strains our eyes, which can lead to fatigue, blurry vision and sometimes headaches. To prevent eyestrain, follow the 20-20-20 rule – every 20 minutes, shift your eyes to look at an object 20 feet away and allow your eyes 20 seconds to readjust.</p>		

LIVING WELL CHECKLIST

There's more to good health than avoiding illness.

Think of your physical and mental well-being as works in progress.

That may sound overwhelming, but here are some practical ways to give your health a solid foundation:

Physical – Nourish your body. Choose balanced nutrition, daily exercise and proper rest. Maintain a strong relationship with your health care provider. Keep yourself and others safe – for example, drive defensively.

Emotional – Know your feelings. Give yourself a mental health check. Find quiet time to relax your mind, and your body will follow.

Spiritual – Find purpose in life. Identify and live by your personal beliefs and morals. Stay connected to yourself through a few minutes of mindfulness training every day.

Intellectual – Keep learning. Seek new experiences that stimulate your thinking. Read and learn every day.

Occupational – Make the most of your professional skills. Gain personal satisfaction through your work. Combine a commitment to your job with your total lifestyle.

Social – Build healthy relationships. Interacting with others can be rewarding and challenging; learn to express your needs and opinions appropriately. Make time for friends, or join groups where you can meet others with similar interests.

Environmental – Respect nature. Take part in preserving and improving environmental conditions – reduce noise, pollution and unnecessary consumption of natural resources.

Ultimately, these underpinnings of wellness can help you stay resilient against serious challenges, maximize your personal potential and enjoy your life to the fullest.



Health's Building Blocks

OCTOBER 2025



Observances: Breast Cancer Awareness • Dental Hygiene • Health Literacy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>One of the best ways to save is an employer-sponsored retirement 401(k) account. You are not taxed on the income you put in until you withdraw your money (also true for Individual Retirement Accounts). Your earnings go further as you save and grow your money, making a 401(k) one of the most painless ways to save for retirement.</p>		<p>SEPTEMBER</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>	<p>Yom Kippur Begins at Sundown</p> <p>1</p> <p>TRACK > Daily Exercise Time, Blood Pressure, Calories or Other</p>	<p>Yom Kippur Ends</p> <p>2</p>	3	4
5	6	7	8	9	10	11
12	<p>Indigenous Peoples' Day (U.S.)</p> <p>Columbus Day (U.S.)</p>	13	14	15	16	17
19	20	21	22	23	24	25
26	27	28	29	30	Halloween	31
						<p>NOVEMBER</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30</p>

FOOD IS YOUR FRIEND

Food should bring you nourishment and joy. But in a world obsessed with thinness, and with so many mixed messages about what to eat, sometimes food brings stress and confusion instead. It's time to break that cycle. Here's how to build a healthier relationship with food.

Ignore diet culture marketing tactics. Food marketers will tell you that their snack brand is "guilt-free" or "sinless." But know this: Eating is not a sin, and you should never feel guilty about enjoying food. You are not good or virtuous for eating a healthy meal, and you are not bad or evil for enjoying fast food. Food does not define who you are as a person. Push back against diet culture.

Remember why you're eating. Food nourishes your body. It contains protein, vitamins and other nutrients that are required for normal functioning. Don't feel guilty when you feel hungry; remember that it's a normal biological response. Choose more foods that contain the nutrients your body requires, such as vegetables, fruit, whole grains and proteins, such as fish, chicken and tofu. Add in some foods for pure pleasure and enjoyment. Not sure how? Consult a dietitian.

Listen to your body's cues. Eat when you're hungry and stop when you're full. If you cannot sense fullness, it may be a side effect of a medication (which increases appetite) or a hormonal issue (hormones regulate appetite). Speak to your health care provider.

Find healthy coping mechanisms. If you eat for emotional comfort rather than for nourishment, explore alternative ways to cope with stress and other negative emotions. This could include exercise, journaling or seeking support from friends or a therapist.



Food for Thought

NOVEMBER 2025



Observances: American Diabetes • COPD Awareness
• Family Caregivers • Lung Cancer Awareness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>There's no one-size-fits-all eating plan for everyone with type 2 diabetes. Research shows there's no precise percentage of calories from carbohydrate, protein and fat that will benefit all people who have type 2 diabetes. A low-carb diet may work for some, while more carbs may work for others. If you're managing any type of diabetes, see a registered dietitian for a personalized nutrition plan (check your insurance coverage). What you eat and drink will be based on your preferences, budget and health goals.</p>				<p>OCTOBER</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>		<p>DECEMBER</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>		<p>1</p> <p>TRACK > Daily Exercise Time, Blood Pressure, Calories or Other</p>
Daylight Saving Time Ends	2	3	4	5	6	7	8	
9	10	Veterans Day (U.S.)	11	12	13	14	15	
16	17	18	19	Great American Smokeout	20	21	22	
			Learn something new.					
23	24	25	26	Thanksgiving Day (U.S.)	27	28	29	
30				Family Health History Day (U.S.)				

UNPLUG TO CONNECT

Do you feel surrounded by electronic screens and devices all of the time? They can be great sources for entertainment and information, as well as tools for work, but high-quality connections with others may require taking occasional breaks from screens. The more you and your loved ones unplug, the easier it will become to carve out quality time for each other.

Although you may feel that a full-fledged digital detox is impractical, any reduction in screen time may yield benefits to your social life, and perhaps your mental health as well. To make this shift, you'll need to limit using:

- Email.
- Video games.
- Social media.
- Texting.
- TVs, smartphones, tablets and laptops.

Here are 6 key steps to get started:

- 1. Set a goal.** Identify the behavior(s) you want to change, such as excessive social media use.
- 2. Eliminate sources of distraction.** Consider deleting games or social media apps that are addictive or taking up excessive time
- 3. Make a plan.** Will you turn off screens at dinner or after a certain hour in the evening, leave your phone at home at times or make another shift in your habits?
- 4. Assemble your team.** Try to get other family members, friends or coworkers on board with your approach.
- 5. Find replacement activities.** What will you do when screens are off? Talk at dinner, revive old friendships, play board games or try something new.
- 6. Review your progress.** After your screen-free times, notice what improvements you experienced in connecting with others, and congratulate yourself on your success.



Live Offline

DECEMBER 2025



Observance: Safe Toys and Gifts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER S M T W T F S 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	Handwashing Awareness Week (1-7) (U.S.) 1 TRACK > Daily Exercise Time, Blood Pressure, Calories or Other	Giving Tuesday 2	3	4	5	6
Pearl Harbor Remembrance Day (U.S.) 7	8	9	10	11	12	13
Hanukkah Begins at Sundown 14	15	16	17 Don't forget to stretch.	18	19	20
Winter Begins 21	Hanukkah Ends 22	23	24	Christmas Day 25	Kwanzaa Begins 26	27
28	29	30	31	JANUARY 2026 S M T W T F S 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	Are your cravings messing with your health goals? To combat cravings, eat meals that contain enough protein to make you feel full. Studies show that about 20 to 30 grams of protein per meal can decrease cravings by up to 60%. Try focusing on something else. Go for a walk, drink herbal tea, talk to a friend or work on a hobby. Many people find that drinking water works.	

Pesto Pasta

1 package (16 oz.) firm tofu ½ of 16-oz. box whole-grain
1 jar (7 oz.) pesto, *divided* spaghetti
2 cups trimmed green beans 1 cup grape tomatoes, halved

Preheat oven to 400°F. Line 2 baking sheets with parchment. Drain tofu and crumble into small pieces. In bowl, toss tofu with ½ jar pesto. Spread evenly onto baking sheet and bake 20 minutes. Flip and return to oven for 10 minutes. Add green beans to second baking sheet. Bake 10-15 minutes. Prepare pasta per package directions. Drain, reserving ¼ cup cooking water. In large bowl, toss tofu, remaining pesto, pasta, green beans and tomatoes. Thin with reserved cooking water as needed. Toss, salt to taste and serve.

Makes 4 servings. Each: 530 calories | 30g protein | 25g total fat | 2g saturated fat | 15g mono fat | 7g poly fat | 49g carbohydrate | 4g sugar | 10g fiber | 321 mg sodium



Chicken-Stuffed Eggplant

1 large eggplant, cut in ½ lengthwise ½ lb. lean ground
1 tbsp extra-virgin olive oil chicken
½ onion, diced ½ tsp each salt
1 cup mushrooms, diced and oregano
2 cloves garlic, minced ¼ cup chopped fresh basil

Preheat oven to 400°F. Line baking sheet with parchment. Hollow out most of eggplant with spoon. Cube reserved eggplant and set aside. Heat oil in skillet over medium. Add onion, sauté 5-6 minutes. Add reserved eggplant, mushrooms and garlic. Cook 7-8 minutes. Stir in chicken, salt and oregano. Cook 10 minutes. Place eggplant halves on baking sheet. Fill with chicken mixture. Bake 30 minutes. Top with basil and serve.

Makes 2 servings. Each: 300 calories | 27g protein | 14g total fat | 3g saturated fat | 5g mono fat | 5g poly fat | 21g carbohydrate | 7g sugar | 11g fiber | 456mg sodium



Fresh Mozzarella and Tomato Salad

10 plum tomatoes, sliced into rounds
8 oz. fresh mozzarella cheese,
sliced into rounds
½ cup fresh basil leaves
2 tbsp extra-virgin olive oil
¼ tsp each salt and pepper

Arrange the tomatoes, mozzarella and basil on a platter. Drizzle with olive oil. Top with salt and pepper. Serve. Optional toppings: balsamic vinegar or pesto.

Makes 4 servings. Each: 133 calories | 6g protein | 10g total fat | 2g saturated fat | 4g mono fat | 4g poly fat | 7g carbohydrate | 4g sugar | 2g fiber | 251mg sodium



Pear and Blue Cheese Salad

1 head Romaine lettuce, chopped
1 tbsp balsamic vinegar
1 tsp honey
½ tsp Dijon mustard
3 tbsp extra-virgin olive oil
2 medium pears, thinly sliced
½ cup crumbled blue cheese

Place Romaine in a large bowl. In a small bowl, combine vinegar, honey, mustard and oil. Whisk to combine. Pour over lettuce and toss well. Top with pears and cheese. Serve immediately.

Makes 4 servings. Each: 214 calories | 5g protein | 18g total fat | 3g saturated fat | 10g mono fat | 4g poly fat | 16g carbohydrate | 10g sugar | 7g fiber | 165mg sodium



Peanut Butter-Banana Frozen Yogurt Bark

1½ cups plain 2% Greek yogurt
½ cup peanut butter
1 tbsp honey
1 ripe banana, mashed
½ cup semi-sweet chocolate chips

Line baking sheet with parchment. In a bowl, mix Greek yogurt, peanut butter, honey and mashed banana until blended. Spread mixture evenly onto baking sheet, about ¼-inch thick. Sprinkle evenly with chocolate chips. Freeze 4 hours. Break into pieces and store in freezer. Serve frozen.

Makes 12 servings. Each: 151 calories | 6g protein | 8g total fat | 3g saturated fat | 2g mono fat | 2g poly fat | 14g carbohydrate | 10g sugar | 2g fiber | 62mg sodium



Crunchy Celery Salad

8 stalks celery with leaves,
sliced
2 tbsp extra-virgin olive oil
2 tbsp lemon juice + 1 tsp zest
¼ tsp salt and pepper
2 tbsp chopped fresh parsley
¼ cup toasted walnuts

In a large bowl, toss together celery, olive oil, lemon juice, zest, salt and pepper. Top with parsley and walnuts. Toss and serve.

Makes 4 servings. Each: 133 calories | 3g protein | 12g total fat | 1g saturated fat | 9g mono fat | 3g poly fat | 5g carbohydrate | 2g sugar | 3g fiber | 269mg sodium



Fruit Pizza

2 whole-wheat pitas
6 oz. extra-smooth light ricotta cheese
1 tbsp lemon curd
2 kiwis, sliced
1 cup mixed berries
Pinch cinnamon

Preheat oven to broil. Warm pitas for 2 minutes and remove from oven. Cool slightly. In a small bowl, blend ricotta with lemon curd. Spread thinly on pitas. Arrange kiwi and berries on top of ricotta. Sprinkle with cinnamon. Cut into slices and serve immediately.

Makes 10 servings. Each: 176 calories | 7g protein | 4g total fat | 2g saturated fat | 1g mono fat | 1g poly fat | 30g carbohydrate | 8g sugar | 5g fiber | 266mg sodium

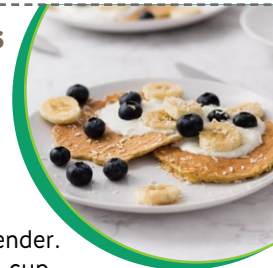


Oatmeal Banana Pancakes

2 ripe bananas
3 eggs
1 cup oats
1 cup plain 2% Greek yogurt
¼ cup blueberries

Blend bananas, eggs and oats in a blender. Heat nonstick skillet over low. Pour ¼ cup pancake batter onto skillet (as many as will fit in the pan). Cook on 1 side and flip once batter bubbles, about 2-3 minutes. Flip and cook the other side. Continue until all batter is used. Serve topped with Greek yogurt and blueberries.

Makes 4 servings. Each: 194 calories | 13g protein | 6g total fat | 2g saturated fat | 2g mono fat | 1g poly fat | 25g carbohydrate | 11g sugar | 3g fiber | 107mg sodium



Know your numbers

Getting screened and getting immunized are everyone's top health goals. **The following recommendations are for normal-risk adults.** People at increased risk may have different needs based on their provider's advice.

Adult Immunizations

Vaccine	Dose and When Needed	Date Received
COVID-19 (SARS-CoV-2)	Dosage varies, as advised.	
Hepatitis A	2 or 3 doses if at risk.	
Hepatitis B	2 or 3 doses if at risk.	
Human Papilloma-virus (HPV)	2 or 3 doses, previously unvaccinated through age 45.	
Influenza (Flu)	1 dose every year.	
Measles, Mumps, Rubella	1 or 2 doses if at risk.	
Meningococcal Meningitis	1 or more doses if at risk, as advised.	
Pneumococcal	as advised.	
Tetanus, Diphtheria, Pertussis	Get Tdap once, then a Td or Tdap booster every 10 years.	
Varicella (Chickenpox)	2 doses if at risk.	
Zoster (Shingles)	2 doses at 50 and older.	

Source: CDC. Recommendations are subject to change (cdc.gov/vaccines/schedules/index.html). Foreign travel may require additional immunizations.

Healthy Measures – Screenings

Test/Exam	When Needed	Normal Levels	Date/Results	Date/Results
Blood Pressure Systolic Diastolic	Every health care visit or at least every year.	Below 120 Below 80		
Cholesterol Total HDL Women HDL Men LDL Triglycerides	Starting at 20 and every 4 to 6 years or as advised.	Below 200 Above 50 Above 40 Below 130 Below 150		
Colorectal Cancer	Starting at 45 and repeat as advised.	N/A		
Dental, Eye and Hearing	As advised.	N/A		
Blood Sugar	Starting at 45 and every 3 years or as advised.	Below 100 (fasting) or below 5.7% (A1C)		
Skin Cancer	As advised.	N/A		
Weight Body Mass Index (BMI) Waist Measurement (in inches)	Goal: 18.5-24.9 Goal: Below 35 inches (women) Goal: Below 40 inches (men)		Recommended exercise	
Weight (pounds)				
Date				
Depression	As advised.	N/A		

As advised: Consult your health care provider if you have symptoms or special risks, such as family history, for these conditions. Your target levels may differ if you have a condition, such as diabetes or heart disease. Sources: ACS, ADA, AHA, CDC and NCEP. • Physician review: 6.2024

Screenings for Women Only

Test/Exam	When Needed	Date/Results
Breast Cancer	Begin at 40 to 44, if desired. 45 to 54: Annually. 55+: Every 1 to 2 years.	
Cervical Cancer	Starting at 25 or as advised.	
Osteoporosis	Starting at 65 or earlier as advised.	

Sources: ACS, NOF.

Screenings for Men Only

Test/Exam	When Needed	Date/Results
Prostate Cancer	Starting at 50 if advised.	

Source: ACS.

Women and Men: Talk to your health care provider about unusual symptoms and other health concerns not listed, such as sexually transmitted infections, HIV, anxiety and tobacco use. **Be a partner in your health care.**

As advised: Consult your health care provider if you have symptoms or special risks, such as family history, for these conditions.

2025 a year of good health
FOUNDATION FOR WELLNESS

Healthy Recipes



Balsamic-Glazed Salmon

½ cup balsamic vinegar 4 (6 oz. each) salmon fillets
 ¼ cup water
 2 tbsp honey ¼ tsp garlic powder
 1 tbsp Dijon mustard ½ tsp each salt and pepper



Preheat oven to 400°F. Line baking sheet with parchment. In medium pan, combine vinegar, water, honey and mustard. Bring to boil. Reduce heat and simmer about 20 minutes, until thick. Stir occasionally. Season salmon with garlic powder, salt and pepper. Add salmon to baking sheet and bake (10 minutes per inch of thickness) until opaque and flaky. Serve salmon drizzled with balsamic glaze.

Makes 4 servings. Each: 333 calories | 48g protein | 8g total fat | 1g saturated fat | 2g mono fat | 5g poly fat | 13g carbohydrate | 12g sugar | 0g fiber | 441mg sodium

Spinach Artichoke Dip

1 can (13 oz.) artichoke hearts in water, drained and chopped ½ tsp salt
 2 cups frozen spinach, thawed and chopped ½ can (7 oz.) white beans, mashed
 1 clove garlic, minced ¾ cup Greek yogurt
 1 tsp dried parsley 3 tbsps grated Parmesan



Preheat oven to 400°F. In a bowl, mix artichokes, spinach, garlic, parsley, salt, mashed beans and yogurt until thoroughly combined. Pour dip mixture into baking dish. Top with Parmesan. Bake 25 minutes. Serve with vegetables to dip.

Makes 6 servings. Each: 111 calories | 9g protein | 3g total fat | 1g saturated fat | 1g mono fat | 1g poly fat | 11g carbohydrate | 1g sugar | 3g fiber | 567mg sodium

Sweet Pepper and Cheddar Frittata

4 eggs
 1 cup egg whites
 ½ tsp salt
 1 cup shredded cheddar cheese
 1 tsp extra-virgin olive oil
 1 onion, diced
 2 sweet peppers, any color, diced



Preheat oven to 350°F. Whisk together eggs, egg whites, salt and cheese. Set aside. In an oven-proof skillet, heat oil over medium. Sauté onion 2 minutes. Add peppers and sauté 3-4 minutes. Pour egg mixture over vegetables. Cook until bottom is set (about 2-3 minutes) and then bake in oven until eggs are fully set, 15-20 minutes. Cut into wedges and serve.

Makes 4 servings. Each: 260 calories | 21g protein | 16g total fat | 7g saturated fat | 3g mono fat | 4g poly fat | 9g carbohydrate | 1g sugar | 1g fiber | 345mg sodium

Roasted Tomato Soup

10 tomatoes, seeded and quartered
 6 garlic cloves, minced
 2 tbsp extra-virgin olive oil, *divided*
 1 small onion, diced
 1½ cups water
 ½ tsp salt



Preheat oven to 400°F. Add tomatoes and garlic to a parchment-lined baking sheet. Drizzle with 1 tbsp oil and stir to coat. Bake 20 minutes, stirring occasionally. Discard tomato skins. In a large pot, add 1 tbsp olive oil and sauté onions, 3-4 minutes. Add tomatoes, garlic, water and salt. Bring to a boil. Reduce heat; cover and simmer 30 minutes. Cool slightly. Blend until smooth (with immersion or stand-up blender). Serve warm. Optional toppings: Dollop of plain Greek yogurt and fresh basil.

Makes 4 servings. Each: 102 calories | 2g protein | 7g total fat | 1g saturated fat | 4g mono fat | 1g poly fat | 9g carbohydrate | 5g sugar | 2g fiber | 300mg sodium

Chocolate-Dipped Strawberries

1 lb. strawberries (about 20 berries)
 1 cup dark chocolate chips
 2 tbsps crushed walnuts
 1 tbsp sprinkles



Wash strawberries and pat dry. Line a baking sheet with parchment. Create double boiler with a heat-proof bowl and pot of water. Add chocolate chips to bowl. Set pot over medium heat. Stir until chocolate melts. Turn off heat. Using tongs or long fork, dip strawberries in chocolate and place on baking sheet. Once all pieces are dipped, top with walnuts and sprinkles. Freeze 30 minutes. Store frozen in an airtight container.

Makes 10 servings. Each: 134 calories | 2g protein | 7g total fat | 4g saturated fat | 1g mono fat | 2g poly fat | 19g carbohydrate | 15g sugar | 1g fiber | 0mg sodium

2026 at a glance

JANUARY

S	M	T	W	T	F	S	
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FEBRUARY

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MARCH

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29	30	31				

APRIL

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MAY

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31						

JUNE

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JULY

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AUGUST

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER

S	M	T	W	T	F	S	
			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				

OCTOBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30					

DECEMBER

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20	21	22	23	24	25	26	
27	28	29	30	31			