

RESOLUTION CALENDAR

Take a systematic approach to improving your diet and lifestyle with a year-long resolution calendar. Instead of resolving to “eat better and lose weight,” set one resolution for each month throughout the year. This can improve the chance that your resolutions are kept and that they actually turn into new and healthy habits.



January
Start with a plan that is gradual, high in fiber, and high in nutrients.



July
Try to exercise for at least 2.5 hours every week; start slowly, and gradually increase your distance or intensity.



February
Reduce your intake of saturated fat. Choose low-fat or nonfat dairy options.



August
Pack a brown-bag lunch, making sure your lunch is healthful and balanced. For tips, check out www.choosemyplate.gov



March
Celebrate Nutrition Month! Choose fruits and veggies over candies, cakes, and fried foods.



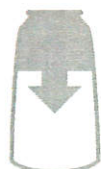
September
Eat less saturated fat, cholesterol, and trans fat. Instead, work on increasing your fiber intake.



April
Fill half your plate with fruits and vegetables at each meal.



October
Eat at least one meatless meal each week. Plan menus that include pasta dishes, bean dishes, whole grain breads, and a variety of fruits and vegetables.



May
Limit your intake of sodium. Choose “low salt” or “no salt added” versions of foods such as crackers, nuts, canned vegetables, soups, and soy sauce.



November
As the holiday season approaches, begin practicing low-fat cooking techniques. Modify your favorite recipes in order to lower the fat and calorie content.



June
Celebrate Fruit and Vegetable Month with extra fruits and vegetables.



December
The holiday season is upon you. Try to maintain your weight by sticking to a consistent exercise schedule and limiting high calorie foods.

As you look back over this year, you will have now developed at least 12 new habits to improve your health for many years to come.