



2019

Resolutions



Here is a plan you can use all year to incorporate simple steps for a more healthful you!

1

January: plan for better meals

- Plan 5 cook-at-home meals each week and use the leftovers for lunch.
- Each meal you cook gives you 2 healthy meals!

2

February: cook for your heart

- Choose leaner protein and dairy products.
- You will lower your saturated fat intake and boost your heart health.

3

March: make a healthy plate

- Celebrate nutrition month by making a healthy plate every day.
- Half your plate should contain vegetables and fruits while the other half is filled with grains and protein.

4

April: spring into salad

- Spring is here! Spring into salad
- Challenge yourself to make and eat a salad every day. Tip: visit a salad bar at work or in the store to make it easier!

5

May: learn about the DASH diet

- Google "DASH diet"
- By focusing on plenty of fresh plant foods like fruits, vegetables, nuts, beans, and whole grains you can help lower your blood pressure.

6

June: visit a farmer's market each week

- Google farmer's market near me
- Visit a farmer's market every weekend. Buy at least one thing you can use for meals this week. Enjoy!

7

July: take a hike

- Do you have a hiking or walking trail near you?
- Take a hike each weekend and enjoy your local area or go for a hike while you are on vacation!

8

August: check up

- Are you cooking most nights of the week and exercising at least 3-5 times a week?
- If not how can you fit these two important tasks into your week? If so, that is great!

9

September: make a healthy soup

- Make a healthy soup each week. Consult magazines, cookbooks, and google.
- Hint: best choices include vegetable soup, squash soup, lentil soup, and split pea soup. What's your favorite?

10

October: make a holiday plan:

- Holidays are around the corner
- How does your schedule look? Make a new plan to stay on track for eating healthy and working out!

11

November: take a class

- Research all of the places in your area that offer exercise classes. Try a few new ones and see if you can fit a new exercise class into your routine

12

Get gratitude

- What are all of the things you have right now to be thankful for?
- A positive gratitude attitude will help you feel good about yourself so you can make 12 new resolutions for next year!