

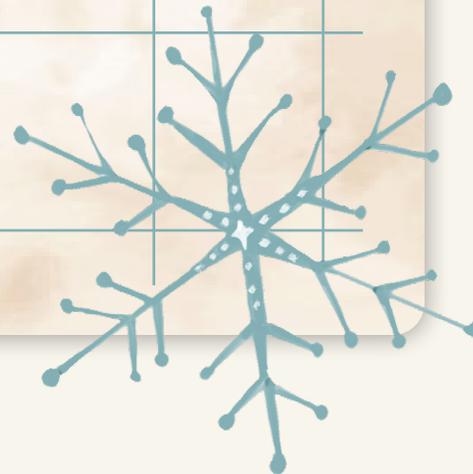
# Your Healthy Way of Life Calendar

Illustrations by Claudi Kessels



# January

	START A WEEKLY RITUAL						
						GET OUTSIDE EVERY DAY	
				TRY A WELLNESS SHOT			
		DEEP CLEAN THE KITCHEN			TAKE CARE OF YOUR TAXES		
MAKE A SLOW-COOKER MEAL							



**START A WEEKLY RITUAL**  
Think of one thing you could do every week to take better care of yourself — like an art class or a weekly coffee date with friends.

**GET OUTSIDE EVERY DAY**  
Yes, it's winter, but spending time in nature is good for our physical and mental well-being. Any time of day works, but early-morning light helps align the body's circadian rhythms for better sleep.

**TRY A WELLNESS SHOT**  
Make our **anti-inflammatory ginger-lemon wellness shot** to give your immune system a boost.

**DEEP CLEAN THE KITCHEN**  
Most kitchens could use a good scrub after the holidays. Be sure to clean inside your oven, refrigerator, and microwave, and don't miss surfaces and light fixtures.

**TAKE CARE OF YOUR TAXES**  
They're one of life's must-dos, so why not get them out of the way?

**MAKE A SLOW-COOKER MEAL**  
Come home to a nourishing dinner with one of **these comforting recipes**.



# March

BUILD A  
SPRING  
WORKOUT

RETHINK  
YOUR  
"FOOD-  
PRINT"

TRY  
SWEDISH  
DEATH  
CLEANING

VISIT THE  
DENTIST

SUPPORT  
YOUR  
NATURAL  
DETOX  
ORGANS



## BUILD A SPRING WORKOUT

Channel the energy of the season to build a **dynamic and sustainable workout**.

## RETHINK YOUR "FOODPRINT"

The beginning of the year is a great time to try a meal-subscription service, line up a community-supported agriculture (CSA) membership, or join a local co-op.

## TRY SWEDISH DEATH CLEANING

This life-affirming practice can help your possessions live on in a meaningful, thoughtful way. **Here are some tips to get started.**

## VISIT THE DENTIST

While you're at it, take another look at your health benefits for the year and make sure you're not overlooking good deals, like discounts on health-club or gym memberships or health products.

## SUPPORT YOUR NATURAL DETOX ORGANS

The body already knows how to clear toxins — but you can give your detoxification system a helping hand. **Here's how.**

# April

TRY A  
WEIGHTED  
VEST

DECLUTTER  
YOUR  
PHONE

MAKE A  
SPRING  
SALAD

DEFEND  
YOURSELF  
AGAINST  
ALLERGIES

PREP  
YOUR  
PETS

**TRY A WEIGHTED VEST**  
Wear a weighted vest when you work out for stronger bones and muscles.

**DECLUTTER YOUR PHONE**  
Delete apps you haven't used in a while, as well as any photos or old messages you don't need. It's also a good time to evaluate your use of technology and **consider a more mindful approach.**

**MAKE A SPRING SALAD**  
We've rounded up a few or **our favorite spring salad recipes** that take advantage of seasonal ingredients.

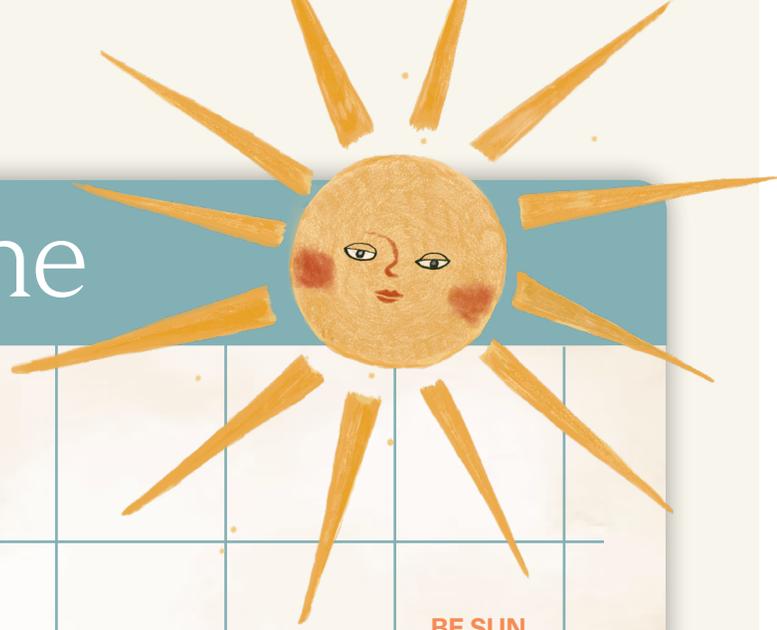
**DEFEND YOURSELF AGAINST ALLERGIES**  
Allergies are on the rise globally. But, **these straightforward, lifestyle-based strategies** can help reduce your allergy susceptibility.

**PREP YOUR PETS**  
If you have a four-legged friend who spends time outside, now is a good opportunity to take precautions — like giving heartworm and tick-and-flea medication — to keep your pal healthy and safe for the season.





# June



TRY TRAIL  
RUNNING

BE SUN  
SMART

PROTECT  
YOURSELF  
FROM  
TICKS

MAKE  
COLD  
BREW

TACKLE  
DEEP-  
CLEANING  
PROJECTS

**TRY TRAIL RUNNING**  
Tired of running on unforgiving pavement that pounds away at your knees? **Try running on trails** with dirt, rocks, and hills.

**BE SUN SMART**  
Outdoor time in the sun is essential to your health, but too much sun exposure can have serious consequences. **Try these tips** to be smart about sun exposure.

**PROTECT YOURSELF FROM TICKS**  
Lyme disease has become one of the country's fastest-spreading diseases. **Download our free guide** for tips on how embrace the outdoors — and stay safe — this summer.

**MAKE COLD BREW**  
Whip up a batch of cold brew so you can get your caffeine fix whenever you want — and save money at the same time. **Here's our recipe.**

**TACKLE DEEP-CLEANING PROJECTS**  
With spring cleaning behind you, now is the time to clean the carpets, tune up your HVAC system, and address any pressing outdoor house maintenance.

# July

SCHEDULE  
HEALTH  
SCREENINGS

STAY  
HYDRATED

TAKE A  
FOREST  
BATH

MAKE  
SOME ICE  
POPS

BUILD  
YOUR HEAT  
TOLER-  
ANCE



## SCHEDULE HEALTH SCREENINGS

Schedule your annual health screenings like breast, prostate, and vision exams if they're due. This is also a good time for parents to schedule pre-fall-sports physicals for their school-age children.

## STAY HYDRATED

Hydration matters year-round, but it's extra crucial in the middle of summer. Beat the heat by investing in a quality water bottle. If you're bored drinking just water, try infused waters and electrolyte drinks.

## TAKE A FOREST BATH

The centuries-old Japanese practice of *shinrin-yoku*, or forest bathing, involves more than just a walk in the woods. [Learn more here.](#)

## MAKE SOME ICE POPS

**These homemade ice pops** — Pineapple Kombucha, Coconut-Milk Fudge, Cucumber Mint Spa, and more — are fun, nutritious, and easy to make.

## BUILD YOUR HEAT TOLERANCE

Training to tolerate high temps can unlock endurance gains and boost athletic performance. [Here's how.](#)

# August

MAKE A  
NO-COOK  
MEAL

PLAN A  
STAY-  
CATION

MAKE AN  
AGUA  
FRESCA

CREATE A  
HAPPINESS  
HABIT

TAKE A  
ROAD TRIP



## MAKE A NO-COOK MEAL

Make the most of summer produce without turning on the stove. Here are **five of our favorite no-cook summer meals**.

## PLAN A STAYCATION

If travel isn't in the cards this summer, plan a staycation. Here are **eight tips to stay at home** and expand your horizons at the same time.

## MAKE AN AGUA FRESCA

Popular throughout Mexico and Central America, aguas frescas are typically made by blending fruit, water, and a bit of sweetener. **Our version** uses cucumber for an extra-hydrating, ultra-refreshing summer drink.

## CREATE A HAPPINESS HABIT

Research suggests that small, everyday actions are key to feeling more joy. Here are **seven ways to create a happiness habit**.

## TAKE A ROAD TRIP

Try one of these **four classic road-trip routes**, which are packed with history and adventure.



# September



RESET  
YOUR  
HEALTH  
ROUTINE

MAKE  
YOUR  
BEDROOM  
MORE  
INTIMATE

MAKE TIME  
FOR  
FITNESS

PACK  
HEALTHY  
SNACKS

## RESET YOUR HEALTH ROUTINE

After summer break, it's an ideal time to reset and get health routines back on track. Our **free guide features 14 habits** — like waking up at the same time each day, eating protein at every meal, and moving your body regularly — to ease the stress of the fall season.

## MAKE YOUR BEDROOM MORE INTIMATE

Creating space for intimacy is an important part of your overall wellness. Here are **seven strategies** from feng shui experts and sex educators.

## MAKE TIME FOR FITNESS

As fall ramps up and schedules fill in, it's important to still make time for fitness. **Here are 25 ways** to make that happen.

## PACK HEALTHY SNACKS

Stave off hunger pangs and afternoon energy slumps with **these nourishing, whole-food snacks**.

# October

PICKLE OR  
FERMENT  
SOMETHING

BOOST  
YOUR  
IMMUNITY

PREP YOUR  
HOME FOR  
WINTER

STOP  
PEOPLE-  
PLEASING

MAKE  
COZY FALL  
SOUPS



## PICKLE OR FERMENT SOMETHING

Fermented foods are good for your gut, and no fancy equipment is needed. Take a trip to a late-season farmers' market and **try pickling veggies** to keep on hand for the shorter days ahead.

## BOOST YOUR IMMUNITY

Clean out your medicine cabinet and stock up on immune system supporters, such as vitamin C and oregano oil. If you get an annual flu shot, try to schedule it by the end of October.

## PREP YOUR HOME FOR WINTER

Even if you usually wash your windows in the spring, this is a good time to wash them again, so you'll be able to let the winter light in. If you live in a colder climate, consider replacing weather stripping or adding insulation to help save energy.

## STOP PEOPLE-PLEASING

**Here are 9 ways** to learn how to stop putting others' needs ahead of your own — and bring more authenticity to your relationships.

## MAKE COZY FALL SOUPS

**Here are five recipes** to get you started.

# November

RECLAIM  
YOUR  
SLEEP  
RHYTHM

TAKE  
TIME TO  
VOLUNTEER

TRY THE  
SEATED  
TWIST

START A  
GRATITUDE  
JOURNAL

GET  
CREATIVE  
WITH  
LEFTOVERS



## RECLAIM YOUR SLEEP RHYTHM

As the days get darker, we can be thrown off our sleep habits. Consider adding a weighted blanket for added relaxation or a sunrise lamp for brighter mornings. Still not sleeping well? Try **these sleep-friendly tips**.

## TAKE TIME TO VOLUNTEER

This can be a busy season, and it's helpful to step outside of your bubble to keep things in perspective. Whether it's serving a holiday meal, asking a shelter about winter donations, or running a toy drive, helping others is guaranteed to end your year on the right note.

## TRY THE SEATED TWIST

Twisting can help stretch muscles of the torso, restore spinal mobility, and support digestion. **Try these tips** to get started.

## START A GRATITUDE JOURNAL

One of the most reliable ways to boost your health, happiness, and connection with others is by giving thanks. Here are **five simple tips** to keep a gratitude journal.

## GET CREATIVE WITH LEFTOVERS

Tired of turkey sandwiches? **Try these recipes** to repurpose your Thanksgiving leftovers.

# December

END THE  
YEAR  
STRONG

MAKE  
YOUR OWN  
GIFTS

ENJOY A  
WINTER  
MOCKTAIL

THRIVE  
THIS  
HOLIDAY  
SEASON

TRY  
ENERGY  
CLEARING



**END THE YEAR STRONG**  
Keep your fitness efforts alive during the holidays with **this month-long program**. It's designed to help you finish the year feeling powerful, confident, and grounded.

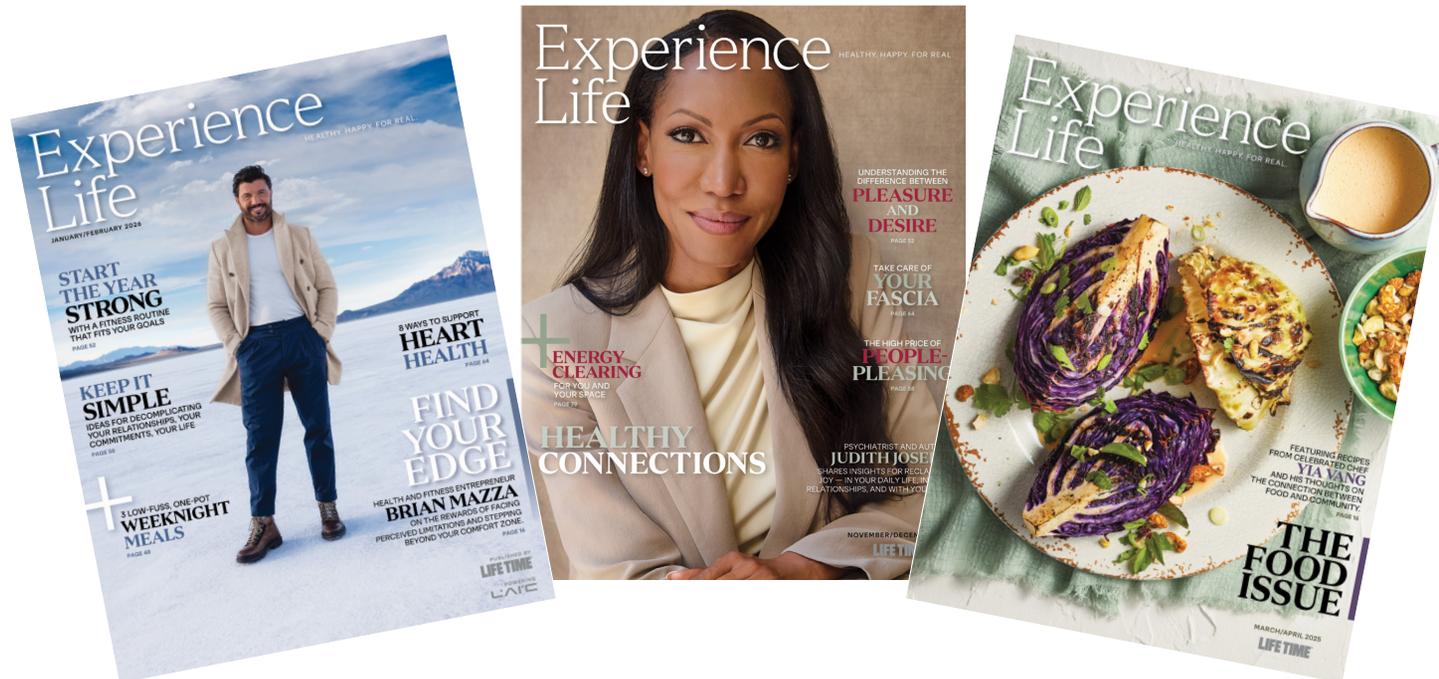
**MAKE YOUR OWN GIFTS**  
Instead of ordering everything online this holiday season, try making your own gifts. Here are **10 simple DIY ideas** to try.

**ENJOY A WINTER MOCKTAIL**  
Here are **11 cold and warm mocktails** ideal for any holiday — with or without alcohol.

**THRIVE THIS HOLIDAY SEASON**  
**Use these strategies** to navigate this busy time of year with more grace, compassion, patience, and, yes, joy!

**TRY ENERGY CLEARING**  
The end of the year is a great time to shake off any sluggishness — in yourself and in your space. **Try these tips** to get started.

# Healthy. Happy. For Real.



Empowering people to become their healthiest, happiest, most authentic selves, and supporting a balanced, deeply satisfying way of life.

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