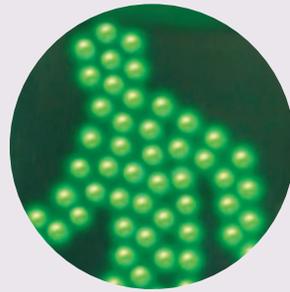


a nourished life



2017 Live Well 365



cont
Upda
updat

nourish

('nəriSH/)

verb

To give something that fosters and sustains life and growth.

From the Latin *nūtrīre*, meaning to feed or to care for.

Food, water, vitamins — these *nourish*. Now, look beyond the basics. Sharing a laugh. Walking the dog. Giving blood. Cooking food with people you love. Spring cleaning! Even in the midst of busy days and full lives, hold on to the ways — big and small — you can *nourish* your mind, body and spirit. They don't cost money. Or even much time.



**Let this year be one of nourishing
yourself *and others* well.**

An ounce of prevention is worth a pound of cure

-Benjamin Franklin

Prevention is essential to wellness. Simple preventive care, like getting an annual physical and staying up to date on shots, is as vital to good health as exercising, eating well, getting enough sleep and cultivating a happy life. Make preventive care part of living well all year, every year.

January 2017

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Notes:
New Year's Day 1	2	Schedule annual physicals for you and your kids. 3	4	5	6	7	_____
8	9	10	11	12	13	14	_____
15	Martin Luther King, Jr. Day 16	17	18	Women 40 and over, ask your doctor about a mammogram. 19	20	21	_____
22	23	24	25	26	27	28	_____
29	30	Age 50? Schedule a screening colonoscopy. 31	December 2016 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		February 2017 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		It takes 20 seconds of washing your hands with soap and water to effectively kill germs. Sing "Happy Birthday" two times while you're washing and you'll be good to go! Source: Wash Your Hands: Centers For Disease Control and Prevention, www.cdc.gov/features/handwashing/

“I regret pushing myself”
 –Said no one, ever.



Limits? What are those?

Excuses? Never.

That sweat-dripping, life-giving, fist-bumping, adrenaline-pumping I DID IT. *Oh yeah you did.*

Because you **can**.

Because you **should**.

Because you **will**.

February 2017

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Notes:
	January 2017 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	March 2017 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	1	Groundhog Day 2	National Wear Red Day for Heart Health 3	4	
Motivate with a work-out buddy. 5	6	Streeeeeeetch out. 7	8	9	10	11	
12	13	Valentine's Day 14	15	16	Random Acts of Kindness Day 17	18	Make small goals and knock them out.
19	Presidents' Day 20	21	Sparkle, glisten, glow – just sweat! 22	23	24	25	Stuck in a cardio rut? A study by the National Center for Biotechnology Information showed that a 10-minute kettlebell workout has about the same effect as 7 minutes on the treadmill.
26	27	Take a new exercise class. 28					Source: Comparison of kettlebell swings and treadmill running at equivalent rating of perceived exertion values: National Center for Biotechnology Information, www.ncbi.nlm.nih.gov/pubmed/22395274

Live life on purpose

Having a purpose helps us stay focused, makes us more resilient and increases life expectancy. From Okinawa to Costa Rica, study after study has shown that those with a clear sense of what gets them out of bed every morning live longer, healthier lives.

Purpose changes over time. Feeling out of touch with your purpose is an opportunity to discover (or rediscover) the passions that make you lose track of time.

Whether you connect to a big purpose in something small or a small purpose in something big, allow yourself to check-in with your heart every so often. Staying in touch with your purpose today means more to enjoy in the years ahead.

March 2017

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Notes:	
	February 2017 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	April 2017 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 23/30 24 25 26 27 28 29		1	From passion comes purpose. 2	3	4	
5	6	7	8	9	10	11		
Daylight Saving Time Begins 12	13	Remember those childhood dreams? Use them to rekindle your purpose. 14	15	16	St. Patrick's Day 17	18		
19	Spring Begins 20	21	22	23	24	25		
26	27	28	29	Let your heroes inspire your purpose. 30	31			

Re-purposing can lead to a greater purpose. The Frisbee was originally a late-19th century pie tin. College students would fling the empty pie pans in a game of Frisbee. Years later, this plastic disc is thrown worldwide.

Source: Lessons from the Blue Zones®: National Center for Biotechnology Information, www.ncbi.nlm.nih.gov/books/NBK298903/

Travel

opens the heart, stretches the mind and feeds the spirit

Unlike anything else, travel has the capacity to shift our perspective. When we return, we come back forever changed.

You don't need to trek the Andes on horseback to get to a new place. Try a new route. Take a day trip. Go to that museum or café or farmers market you've wanted to visit. It's entirely possible to see things differently without crossing state lines.

April 2017

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	March 2017 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	May 2017 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				1
2	3	4	5	6	World Health Day 7	8 Make a summer reading list.
9	10 Read an adventure book.	11 Passover Begins	12	13	14 Good Friday	15
16 Easter Sunday	17	18	19	20 Listen to music from a different country.	21	22 Earth Day
23 National Volunteer Week	24	25 Take a nature walk.	26	27	28	29
30						

Notes:

Why the trip going somewhere feel longer than the return trip? Researchers have studied the "return trip effect" for years without consensus, attributing the phenomenon to familiarity, expectations, memory and level of optimism.

Source: Why the Trip Back Always Feels Shorter: Citylab, www.citylab.com/commute/2015/06/why-the-trip-back-always-feels-shorter/395714/



No kindness is too small

Kindness is contagious. And its side effects are unmistakably good. Kind acts like volunteer coaching, giving blood or simply sharing a joke boost oxytocin, the happiness hormone, and help lower blood pressure.

Giving a piece of ourselves to others is a natural antidepressant — no prescription needed! It's a quick mood lifter and reminds us of the big picture.

Give a little kindness to yourself and others, today and every day.

May 2017

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Notes:
	1	2	3	4	5	Let someone go ahead of you.	_____
7	Give blood through the American Red Cross.	9	10	Share your smile with three new people.	12	13	_____
Women's Health Week Mother's Day 14	15	Instead of "liking" that organization, volunteer or donate.	17	18	19	Make cards for soldiers overseas.	_____
Learn from your mistakes, forgive yourself and move on.	22	23	24	Leave a huge tip.	26	27	Random or regular, kind acts create the "helper's high." This "high" activates the longest nerve in the human body, the vagus nerve, which helps control inflammation and cardiovascular health.
28	Compliment a stranger.	30	31	April 2017 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 23/30 24 25 26 27 28 29	June 2017 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	Sources: Effect of Compassion Meditation: National Center for Biotechnology Information, www.ncbi.nlm.nih.gov/pmc/articles/PMC2695992/ Cool to be kind: The advantages of being altruistic: Independent, www.independent.co.uk/life-style/health-and-families/healthy-living/cool-to-be-kind-the-advantages-of-being-altruistic-6259543.html	

Good things come to those who



Wellness starts with a single step. Whether you're a fitness trainer, couch potato or somewhere in between — walking works. You can do it anywhere, anytime. All you need are sneakers. *And it's free.*

Walking benefits every part of you, from muscles to mood. Walking just 30 minutes a day, 5 days a week can help stave off health problems like high blood pressure, heart disease and diabetes.

Today and every day, get up, go out and walk.



June 2017

Sun	Mon	Tues	Wed	Thur	Fri	Sat	
	May 2017 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 2017 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 23/30 24/31 25 26 27 28 29		Walk to see the sunset.	1	2	3
Get off a stop earlier.			Schedule a walking meeting.		Walk after lunch for 20 minutes.		
4	5	6	7	8	9	10	
		Take 4 sets of stairs.				Take 3 brisk 10-minute walks.	
11	Men's Health Week	12	World Blood Donor Day	14	15	16	
	Treat yourself to new sneakers!				Park in the far lot.		
Father's Day	18	19	Summer Begins	21	22	23	
		Walk for 30 minutes.					
25	26	27	28	29	30		

Notes:

You can earn an Olympic gold medal for walking. Racewalking, defined by always keeping one foot in contact with the ground, has been an Olympic sport since 1932.

Sources:
 Walking...a Step in the Right Direction: National Institute of Diabetes and Digestive and Kidney Diseases, www.niddk.nih.gov/health-information/health-topics/weight-control/walking-step-right-direction/Pages/walking-step-right-direction.aspx#a
 Everything You Never Needed to Know about Racewalking: Deadspin, www.deadspin.com/5930239/everything-you-never-needed-to-know-about-racewalking

Savor

Open yourself up to the possibility that buying, cooking and sharing health-giving food can be simple, affordable and fast. Embrace the notion that healthy eating is not a diet, but a way of life.

Buy locally-grown food that's in season.

Learn the difference between hunger and thirst. Drink more water.

Eat to nourish, not to reward or punish yourself.

Learn about organics.

Cook with others and savor together!

July 2017

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Notes:
	June 2017 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	August 2017 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			Shop your local farmers market.	1	
Look up your local Community Supported Agriculture (CSA).		Independence Day				Drink 3 extra glasses of water.	
2	3	4	5	6	7	8	
	Relish your meal.						
9	10	11	12	13	14	15	
				Cook with care.			
16	17	18	19	20	21	22	
23	24		Eat fruit instead of candy.				
30	31	25	26	27	28	29	There are an estimated 7,500 apple varieties grown around the world. At the rate of an apple a day, it would take 20 years to try them all. <small>Source: Apple Facts: University of Illinois Extension, www.extension.illinois.edu/apples/facts.cfm</small>



happiness

springs from within

Happiness starts inside and bubbles over to touch others. It sneaks up, seizes and surprises us when we let go and accept life just as it is — messy, unexpected and beautiful. Happy is healthy, too. That happy feeling boosts the immune system by lowering stress hormone levels like cortisol and epinephrine.

The key to happiness? Is in your own pocket. And if your happy is in short supply, remember that it conveniently starts right under your nose. Smile!

September 2017

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Notes:	
	August 2017 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	October 2017 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			Real happiness lies in making others happy.	1	2	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
3	Labor Day 4	5	6	7	8	9		
10	11	Lift and be lifted.	13	14	15	16		
17	18	19	Live in the present.	20	Rosh Hashanah Begins 21	Autumn Begins 22	23	
Relish a happy memory.	24	25	26	27	28	29	In 1972, the Kingdom of Bhutan started using the Gross National Happiness (GNH) index to measure Bhutanese happiness. Today, the GNH index uses four pillars and nine domains to measure happiness across the country. <small>Sources: Laughter prescription: National Center for Biotechnology Information, www.ncbi.nlm.nih.gov/pmc/articles/PMC2762283/ Gross National Happiness: Centre for Bhutan Studies & GNH Research, www.bhutanstudies.org.bt/publicationFiles/2015GNH/Summaryof2015GNHIndex.pdf and GNH Centre Bhutan, www.gnhcentrebhutan.org</small>	
						Family Health and Fitness Day	30	
						Yom Kippur Begins		

Sleep

is the golden thread that ties our health and our bodies together — Thomas Davis Dekker

Sleep is vital to overall health and well-being. Judgment, attention, alertness, memory, concentration, problem solving and learning are tied to sleep. Too little sleep is linked to higher rates of heart and kidney disease, high blood pressure, diabetes, stroke, a low immune system and obesity. Not sleeping enough turns us into our two-year-old selves (on a cranky day).

As clever as you are, you can't outsmart sleep. Your body won't adapt to less of it. In fact, studies show that mental performance, alertness and judgment continue to decline over time with inadequate sleep. The fix? Simply get more sleep.

October 2017

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Notes:
1	Child Health Day 2	Keep a bedside notebook and leave your worries on the page. 3	4	Bedtimes are beautiful: set one. 5	6	7	<hr/> <p>Otterly adorable "rafting" sea otters hold hands when they sleep so they don't drift apart.</p> <p>Sources: Your Guide to Healthy Sleep: National Heart, Lung, and Blood Institute, part of the National Institutes of Health, https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf Ranger Rick Sea Otters: National Wildlife Federation, www.nwf.org/kids/ranger-rick/animals/mammals/sea-otters.aspx</p>
8	Columbus Day 9	10	11	12	13	Wind down naturally by stopping screen time an hour before bed. 14	
15	16	Skip TV. Read a book. 17	18	19	20	21	
22	23	24	25	Avoid eating or drinking too much before bedtime. 26	27	28	
29	Can't sleep? Do something relaxing, like listening to music, until you feel sleepy. 30	Halloween 31					
				September 2017 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	November 2017 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		

Laughter

is the best medicine

It's irresistibly contagious. It makes us cry, go silent, lose our breath — and even our self-control. *It's quite possibly one of the best quirks of being human.*

Turns out, laughter is good for us, too. That side-splitting rumble relaxes your muscles and can even improve blood vessel function.

Sharing a laugh in a tense moment transforms distress into delight and weariness into wonder. So, the next time your glass looks half empty, find the humor, let go and laugh!



November 2017

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	October 2017 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	December 2017 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 24/31 25 26 27 28 29 30	1	2	3	4
Daylight Saving Time Ends 5	6	7	8	9	10	Veterans Day 11
12	13	Take a laughing yoga class. 14	15	Great American Smokeout 16	17	18
Tell a joke. 19	20	21	22	Thanksgiving Day 23	24	25
26	27	28	Don't take yourself so seriously! Share an embarrassing moment. 29	30		

Notes:

Gelotology is the study of laughter and its effects on the body. Some gelotologists argue that modern language evolved from laughter.

Sources:
 Neuroendocrine and stress hormone changes during mirthful laughter: National Center for Biotechnology Information, www.ncbi.nlm.nih.gov/pubmed/2556917
 The Evolutionary Origin of Laughter: MIT Technology Review, www.technologyreview.com/s/421480/the-evolutionary-origin-of-laughter/

THIS VERY MOMENT

Mindfulness means being aware of what's happening and how you're feeling *this very moment* and accepting it — no judgment.

Without putting pressure on yourself (remember, no judgment!), try a moment of mindfulness. While you're washing the dishes, waiting in line or brushing your teeth, give it your full attention. Where does it take you? Sharper focus? More engaged? Willing to let go of stress? Letting a craving pass?

Being mindful helps slow life down. With the past gone and the future still to come, where is there to be but the beautiful possibility of now?

December 2017

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Notes:	
	November 2017 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	January 2018 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			Take 10 minutes to do nothing.	1	2	
3	4	5	6	Focus on how it feels to walk, not where you're going.	7	8	9	
Try deep breathing when you're stressed.	10	11	12	Hanukkah Begins	13	14	15	16
17	18	19	20	Winter Begins	21	Increase awareness during zone-out moments.	22	23
24								
New Year's Eve 31	Christmas Day 25	Kwanzaa Begins 26	27	28	29	30	30	Mindfulness may change perspective, but can it actually change the brain? One study reported that 30 minutes of daily mindfulness-meditation showed measurable density changes in the brain's gray-matter areas linked to memory and learning. <small>Source: Mindfulness practice leads to increases in regional brain gray matter density: Psychiatry Research Neuroimaging, www.psych-journal.com/article/S0925-4927(10)00288-X/fulltext</small>



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