Here are four easy tricks to make a new, healthy habit stick in 30 days:

1. **Take a 30-day pledge:** Vow to stay with your change for 30 days.

2. **Commit to the habit daily:** If you want to learn to be more mindful, practice it daily during the 30-day time commitment through quiet self-reflection time.

3. **Be consistent:** During the 30 days, try to do the habit at the same time each day and in the same place.

4. **Cut off negative thoughts with “but”:** Any time you start to talk yourself out of your new habit, interrupt the thought with “but.” “I’m too busy today for my quiet time, but I will find time because mindfulness is important to me.”

---

**The simple solution presents itself last.**

— Klaus Berner

---

### Smart Living Tip: Make a point to include stress-relievers in your life: meditation, exercise, and/or a fun hobby you can get totally lost in.
More and more activities are going electronic, and this includes healthcare. Using online health resources may help you to take charge of your personal health and save you time and money, because you can learn more about self-care activities.

New e-health tools and sites are going live all the time. **Personal health tools** can help you check your health, get feedback and see your progress to better manage your health. Examples include smartphone “apps” to help set and monitor fitness goals and cell phone text reminders to take your medicine on time.

- **Online communities** connect people with others to try to maximize good health (such as during pregnancy) or to respond to concerns about poor health. Online communities allow you to share information with — and emotionally support — others facing similar concerns about a health issue.

Take time to check into health resources that may help you with your healthcare needs.

Source: HealthIT.gov

---

**Smart Living Tip:** Some Websites (often for free) provide access to online meal calendars to organize meal-making efforts for friends or family in need.
Dare to dream

New, creative concepts and solutions typically don’t pop, fully formed, into our minds in “Eureka!” moments. Rather, for many people, their best ideas — in their professional and personal lives — gradually grow and develop for days, months, and even years.

How can you speed up the brainstorming process — or even start it? Try a mood board — a collage made of colors, images, words, textures, photos, and other items designed to inspire and set the tone for the direction of a project.

Have a new product you want to create to sell? Pull together photos of similar products along with sketches of yours, and add thought bubbles describing how your product is — or could be — better.

Thinking about remodeling a room in your home? Create a board with paint chips, stain samples, tile options, room layouts, and photos.

Earliest known brainstorming session.

SMART LIVING TIP:
Always (as in 24/7) keep a small pad of paper or smartphone notes app handy to jot down ideas you have that you might not be able to act on at the time but could follow up on later.
April Fitness app fine print

Do a quick online or app store search for mobile fitness apps and you’ll easily find hundreds, if not thousands, of options from which to choose.

Apps can be a convenient, effective way to help you keep fit — offering you exercise demonstrations and recommendations, goal-setting support, tracking abilities, and more. With so many apps out there, how do you know which ones are the best ones?

Before you download or use any fitness apps:
• Read the app description closely so you completely understand what the app will provide you.
• Read reviews, and not just the ones in the app store. Do your own online research looking at articles, blogs, etc.
• Find out who developed the app and whether it was medically reviewed. Is it a well-known, well-regarded provider?
• Ask for a trusted fitness professional’s opinion about any apps you’re considering.

There is more to life than increasing its speed.
— Mahatma Gandhi

Smart Living Tip: Find ways to sneak in movement throughout your day. See if you can run more errands on bike or foot.
Never give up on doing good

Making someone’s day can make your day, too. Doing nice things for others doesn’t have to be difficult or expensive.

- Give or leave out coupons for someone to use at the grocery store. You can simply put the coupons near the products.
- Leave a thank-you note for your mailman or newspaper carrier. If you want, you could even include a small treat, such as candy, chocolate or mint.
- Hold the door open for others at the store, work, etc.
- Smile and make eye contact every day with at least 10 people you see.
- Bring empty garbage cans from the end of a neighbor’s driveway or alley to closer to their home.
- Put a few coins into an expired parking meter if there’s a car there.

There is still hope for them.

Smart Living Tip: For birthdays and holidays, consider giving time and friendship rather than presents.
June

Investing for the greater good

Doing what’s right for society (or promoting your own personal beliefs) and padding your pocketbook don’t have to be mutually exclusive goals. Socially responsible investing allows you to build your own wealth while still contributing to the greater good.

Socially responsible investing involves evaluating investments on more than just the financial benefits. Investors and/or financial planners may also look at an investment’s social, environmental, and even corporate leadership practices.

When you consider socially responsible investing:

• Be realistic about your social and financial expectations.

• Make your goals clear to your financial advisor.

“The public good” may be defined differently by every investor. What’s more, the definition of what is “socially responsible investing” varies with each mutual fund. Also, while many socially responsible funds achieve solid financial returns, others may not.

Source: 360FinancialLiteracy.org (American Institute of CPAs)

Rated best 3-D virtual reality product of the year.

Smart Living Tip: For heel and arch pain, try stretching your foot by rolling it over a rolling pin or a bottle filled with frozen water.
Having fun being active pays off in more ways than one

Think you don’t have time to exercise because you'd rather spend your free time on a hobby rather than huffing and puffing around a track?

The good news is that you can get/stay physically fit by focusing on your favorite activities. Just think of ways you can incorporate some movement into what you love to do.

• *Are you a photographer?* Take your camera on a hike.
• *Like fishing?* Do squats while you’re waiting for the Big One to bite.
• *Is cooking your thing?* Do calf raises while chopping carrots.
• *Into reading?* Try simply standing with your next page-turner.
• *Playing cards a favorite pastime?* Tap your foot until it’s your turn.

When your work speaks for itself, don’t interrupt.
— Henry J. Kaiser

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Smart Living Tip:** Suffering from a headache? Dehydration can be a trigger. Try drinking some water.

Canada Day (Canada)
Less is more — Learn to live the simple life

If keeping up with our culture of constant consumption drives you crazy, it may be time to simplify.

• **Less accumulation.** This means less shopping. Train yourself not to head to the stores.

• **Less clutter.** Make sure your home and workspace are organized. Take a look around you — often. Clutter has a way of creeping up on you.

• **Less technology.** Trying to keep pace with the latest trends and devices? Fine, but first ask: Is this technology really helping me, or have I begun to serve it?

• **Less weight.** Are you carrying too much weight — literally? The task is twofold: to eat less and to change your attitude about the way to lose weight. Don’t go the deprivation route. Diets are temporary. Smart, healthful choices with occasional treats are a way of life.

**Smart Living Tip:** Appreciate the little things in life. Before going to bed, list the positive experiences from your day — the work you accomplished, the food you ate, the activities you were able to do, the people you interacted with, etc.

You can’t reach for anything new if your hands are full of yesterday’s junk.
— Louise Smith
Don’t cheat yourself out of chances to get moving

Feeling less than motivated to work out? It happens, even to the most enthusiastic exercisers, from time to time. Here are ideas that may boost your drive to stick to fitness efforts.

- **Money talks.** Consider buying fitness class sessions or exercise experiences on a social saving site, such as Groupon or Living Social. Once you’ve bought the class or experience, you’ll either attend the class or experience or waste the money.

- **Get outside.** Even if you’re not an outdoors type, by taking your exercise efforts outside, you’ll have to get dressed and walk out through a door. By then, you’re already committed. You might as well go for a walk, jog, or bicycle ride.

- **Reward yourself.** Tell yourself that you can have special treats if you meet certain goals. For example, you might give yourself a “free afternoon” to do whatever you want if you get in a daily walk for a month.

- **Create a competition.** Find friends, family members, or neighbors who might have a similar fitness goal. Challenge them to see who can stick with reaching the goal without giving up. Agree upon an inexpensive or free prize.

---

**Smart Living Tip:** Your shoes are too tight if you can’t stick your finger in between your heel and the back of your shoes.

---

<table>
<thead>
<tr>
<th>SUN.</th>
<th>MON.</th>
<th>TUES.</th>
<th>WED.</th>
<th>THURS.</th>
<th>FRI.</th>
<th>SAT.</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="calendar-image.png" alt="September Calendar" /></td>
<td><img src="calendar-image.png" alt="September Calendar" /></td>
<td><img src="calendar-image.png" alt="September Calendar" /></td>
<td><img src="calendar-image.png" alt="September Calendar" /></td>
<td><img src="calendar-image.png" alt="September Calendar" /></td>
<td><img src="calendar-image.png" alt="September Calendar" /></td>
<td><img src="calendar-image.png" alt="September Calendar" /></td>
</tr>
</tbody>
</table>

---

*Labor Day*

*Grandparents Day*
October
Close the door on your fears

Whether it’s seeing a spider or speaking in public, many people have fears. Most of the time, you can overcome a fear on your own with some help.

• Expose yourself to your fear. Don’t try to avoid something or a situation. When you face a fear, over time, it may fade.
• Talk about it. Find a trusted friend, family member, or mental-health professional. Sometimes, sharing your fear and getting encouraging words from someone else can make a fear less scary.
• Focus on the basics. Make sure you get good sleep, eat right, and exercise, which can help to keep you physically and mentally healthy.
• Reward yourself. Give yourself a present for steps you take to face your fear. Maybe it’s a massage, new book, or piece of clothing.

What your 200,000-year-old body often thinks of your surroundings.

Smart Living Tip: Use positive language. Eliminate words such as “not” from your vocabulary. Instead of “I’m not going to run today,” say, “I think I will try swimming today.”
Parents tap into new alternative energy source.

Smart Living Tip: Nurture relationships with family and friends by finding ways to be active together.

3 active alternatives to screen time

If watching television, working on a computer, or thumbing a mobile device is eating up all your time and preventing you from getting your daily dose of physical activity, skip screen time in exchange for exercise.

- If you feel the need to text friends, walk and talk with friends in person instead.
- If you like watching sports on TV, play the sport yourself instead. Join a community softball team or local bowling league.
- If you spend hours on the computer being virtually social in online communities (i.e., Facebook, Pinterest, LinkedIn, Instagram), get social in the real world. Sign up for a fitness class or professional/personal enrichment class. Consider volunteering for a home-building project or community clean-up.

Aim to get at least 30 minutes daily of physical activity, and encourage children to get at least 60 minutes each day.

Source: Academy of Nutrition and Dietetics
December

The 3-key strategy to healthful food shopping

Grocery stores are full of options – some good, some not so good. Be a savvy shopper and fill your cart with what’s smart for your health.

1. Know your store. Grocery stores group like food items. Figure out where the grocer stocks more of the good stuff and do most of your shopping there. Hint: In most stores, it’s the outer perimeter, not the inner aisles.

2. Bring a list… always… and stick to it. Plan ahead. Decide which foods you need, and how much, before you go to the store. Then, don’t be lured in by the chips or soda pop in aisle 7. If the item is not on the list, it doesn’t go in the cart or basket.

3. Use the facts. Read the Nutrition Facts label on any prepackaged foods you’re considering. Look at calories and the content of fats, sodium, cholesterol, etc.

Anyone who believes the competitive spirit in America is dead has never been in a supermarket when the cashier opens another checkout lane.

— Ann Landers

Smart Living Tip: Replace large plates and bowls with smaller ones so you dish up less without realizing it.
Clean Eating Power-Up Toast
- 1 slice whole-grain bread
- ½ avocado, peeled and sliced
- 2 slices tomato
- 1 hard-boiled egg, sliced
- Salt and pepper to taste
- 1 lemon
- ¾ tsp. chia seeds

Toast bread. Place the avocado slices onto the toast and mask them slightly with a fork. Season the avocado with salt, pepper, and as much lemon juice as desired. Arrange tomato and egg slices on top. Garnish with chia seeds.

Serve 2. Per serving: 218 calories, 15.6 g fat (3 g saturated fat), 10 mg cholesterol, 10 mg sodium, 18 g carbohydrates, 4 g protein.

Source: www.eatnakednow.com

Spicy Citrus Roasted Carrots
Heat oven to 350°F. Peel, wash, and cut the carrots into 1-inch slices. Add the cut carrots to a large bowl. Add all the juices, oil, and spices. Mix well. Sprinkle a baking sheet with cooking spray and spread the seasoned carrots evenly on the baking sheet. Roast for approximately 20 minutes.

Serve 6. Per serving: 99 calories, 1.2 g fat (0.2 g saturated fat), 0 mg cholesterol, 145 mg sodium, 18 g carbohydrates, 2 g protein.

Source: www.eatnakednow.com

Curry Chicken Lime Rice Bowl
In large bowl, whisk chutney, lime juice, olive oil, and curry powder. Stir in chicken, bell pepper, and cooked rice. Serve, or cover and chill.

Serve 6. Per serving: 311 calories, 12 g fat (2 g saturated fat), 43 mg cholesterol, 69 mg sodium, 32 g carbohydrates, 20 g protein.

Warm Sweet Potato, Apple, and Sausage Salad
In a large skillet, cook sweet potatoes and onion in olive oil over medium heat for about 10 minutes, or until potatoes are tender and sausage is heated through. Stir in sausage, apples, sweet-and-sour sauce, and caraway seed. Cover and cook over medium heat for about 5 minutes, or until apples are tender and sausage is heated through, stirring occasionally. Place spinach on a large serving plate. Top with sweet potato mixture. Serve immediately.

Serve 2. Per serving: 209 calories, 7 g fat (2 g saturated fat), 28 mg cholesterol, 27 mg sodium, 28 g carbohydrates, 2 g protein.

Source: www.eatnakednow.com

Kale Chips
Heat oven to 350°F. Line baking sheets with parchment paper or silicone baking liners. Wash kale and remove stems. Cut or tear into bite-sized pieces. In a small bowl, mix the oil, vinegar, salt, and spices (optional). Toss kale with oil mixture until evenly coated. Spread kale in a single layer on prepared baking sheets and bake for 10 minutes or until crispy.

Serve 4. Per serving: 97 calories, 7.5 g fat (1 g saturated fat), 0 mg cholesterol, 30 mg sodium, 7.5 g carbohydrates, 2.5 g protein.

(Notes: Nutritional information does not include salt or seasonings.)