**Microsoft Home Magazine**

**Step up to healthy living in the new year**

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| **MONTH** | **HEALTHY STEP** | **PERSONAL GOALS/NOTES** | **HEALTHY LINKS** |
| **JANUARY** | **Make SMART resolutions!**  Goals should be Specific, Measurable, Attainable, Realistic and have a Time frame. |  | **Resolution reminders**  www.hiaspire.com/newyear/ |
| **FEBRUARY** | **Spice up your sex life!**  Make time for date nights and romantic getaways. |  | **Sexual health information**  www.sexhealth.org/ |
| **MARCH** | **Don’t play the numbers game with your weight.** |  | **Eat Well Live Well:**  **Dietitians of Canada**  [www.dietitians.ca](http://www.dietitians.ca) |
| **APRIL** | **Start spring cleaning.**  Too much clutter can leave you feeling frazzled. |  | **Get organized one room at a time**  [www.flylady.net](http://www.flylady.net) |
| **MAY** | **Eat light, feel light!**  Add more fresh, seasonal fruits and vegetables to your diet. |  | **Check out the fruit and vegetable chart at 5 A Day**  [www.cdc.gov/nccdphp/dnpa/5ADay](http://www.cdc.gov/nccdphp/dnpa/5ADay) |
| **JUNE** | **Practise safe sun.**  It’s the single best way to ward off skin damage, premature aging and skin cancer. |  | **Find sun product recommendations**  [www.dermatology.ca/sap/safety\_resources/](http://www.dermatology.ca/sap/safety_resources/)  sunscreen\_faqs/suscreen\_list.html |
| **JULY** | **Drink up!**  Even mild dehydration can sap your energy and make you tired. |  | **Find out how much water you need to drink**  [www.mayoclinic.com/health/water/NU00283](http://www.mayoclinic.com/health/water/NU00283) |
| **AUGUST** | **Start clocking some extra zzzz’s.** |  | **Find out whether you’re getting enough sleep**  [www.bettersleep.ca](http://www.bettersleep.ca) |
| **SEPTEMBER** | **Warm up to walking.**  Strive to walk at least 30 minutes a day at a brisk pace. |  | **Chatelaine magazine’s walking club**  <http://en.chatelaine.com/english/health/walkingclubs/index.jsp> |
| **OCTOBER** | **Remember breast self-examination.** |  | **Visit Breast Self Exam for step-by-step instructions**  www.breastselfexam.ca |
| **NOVEMBER** | **Build better bones.**  Osteoporosis month is a good time to start thinking about bone health. |  | **Visit the Osteoporosis Society of Canada**  www.osteoporosis.ca |
| **DECEMBER** | **Count your blessings!**  Take a few minutes each morning to reflect on the things you have to be grateful for. |  | **Measure your gratitude quotient**  www.beliefnet.com/index/index\_10072.html |