



Ways to
Well-Being[®]
2016 CALENDAR

Action Steps for **HAPPINESS & HEALTH**

Make “Be Happier” a New Year’s Goal

- Schedule fun and relaxing times with family and friends.
- Find your passion in life. Every day, week, or month, do something you enjoy and look forward to.
- Find satisfaction in using your talents.
- Try a new hobby. Take a class in something that interests you.

“Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.”

~ Franklin D. Roosevelt

Happiness is contagious. If you are happy, tell someone. Listen to reasons others are happy, too.



For this month’s free newsletter, go to www.HealthyLife.com/2016 or use your smartphone’s QR reader.



Find Happiness through Love

- Set aside time from your hectic day to do things you love and are good at.
 - Make concrete plans to spend time with people you love, such as your partner, family, or friends.
 - Look on the bright side and be with cheery people. Positive energy spreads from one person to another like an electrical charge.
-

“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”

~ Buddha

**Physical closeness
through holding hands,
hugging, caressing,
and intimacy raises
your level of oxytocin
— the love hormone.**



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February 2016

Record Exercise Minutes
or Steps, Weight, etc.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|------------------|---------------|-----------------------------|-----------|--------------|-----------|
| JANUARY 2016 S M T W Th 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 |
| | | Groundhog Day | | | Wear Red Day | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | Chinese New Year | | Ash Wednesday | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Valentine's Day National Donor Day | Presidents' Day | | Random Acts of Kindness Day | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | | | | | |



MONTHLY OBSERVANCES

- Cancer Prevention
aacr.org
- Heart Health Awareness
heart.org/HEARTORG
- Wise Health Consumer
HealthyLife.com

MARCH 2016

| S | M | T | W | Th | 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 | | |

Follow Healthy Habits to be in a Happier Mood

Boost your happiness level by taking care of your body.

- Get 7-8 hours of sleep a night.
 - Exercise every day with activities you enjoy.
 - Limit refined carbohydrates like white starchy foods (white bread, rice, and crackers) and sugar (soda, candy, and junk foods). These foods can cause blood sugar spikes and drops, causing a short-lived burst of energy followed by a tired, cranky feeling.
-

*“A good laugh and a long sleep are the
best cures in the doctor’s book.”*

~ Irish Proverb

Take a 10-15 minute
walk to clear your
mind and enjoy your
surroundings.



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March ²⁰¹⁶

Record Exercise Minutes
or Steps, Weight, etc.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|-----------|-----------|-----------|---|---|
| FEBRUARY 2016 S M T W Th 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 | MONTHLY OBSERVANCES Colorectal Cancer Awareness preventcancer.org Nutrition Awareness eatright.org | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 |  Employee Appreciation Day | 12 |
| 13 | 14 | 15 | 16 | 17 |  St. Patrick's Day | 19 |
| Daylight Saving Time Begins (Turn clocks ahead 1 hour.) | 21 | 22 | 23 | 24 | 25 | 26 |
|  Spring Begins | 28 | 29 | 30 | 31 | Good Friday | |
| 27 | 28 | 29 | 30 | 31 |  | APRIL 2016 S M T W Th 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 |
| Easter | | | | | | |

Find Happiness in Nature: Rain or Shine

Focus on nature's beauty, peacefulness, and soothing sounds.

- Go on a nature hike with a family member, friend, or coworker.
 - In your backyard, cuddle up with a good book on a chair or in a hammock.
 - Picnic in the park with family and friends. Enjoy your workday lunch in a park.
-

“Anyone who says sunshine brings happiness has never danced in the rain.”

~ Unknown

Fifteen minutes of midday sun exposure on your skin (without sunscreen) may provide your daily need for vitamin D.



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2016 April

Record Exercise Minutes
or Steps, Weight, etc.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|---|---|
| MARCH 2016 S M T W Th 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 2016 S M T W Th 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 | MONTHLY OBSERVANCES Alcohol Awareness ncadd.org Parkinson's Diseases Awareness pdf.org/en/parkinson_awareness |  | | 1 <input type="checkbox"/> April Fool's Day  | 2 <input type="checkbox"/> |
| 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input type="checkbox"/> | 7 <input type="checkbox"/> World Health Day | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> |
| 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> | 13 <input type="checkbox"/> | 14 <input type="checkbox"/> | 15 <input type="checkbox"/> Tax Day | 16 <input type="checkbox"/> |
| 17 <input type="checkbox"/> | 18 <input type="checkbox"/> | 19 <input type="checkbox"/> | 20 <input type="checkbox"/> | 21 <input type="checkbox"/> | 22 <input type="checkbox"/> Passover (Begins at Sundown) <input type="checkbox"/> Earth Day | 23 <input type="checkbox"/> |
| 24 <input type="checkbox"/> | 25 <input type="checkbox"/> | 26 <input type="checkbox"/> | 27 <input type="checkbox"/> Administrative Professionals Day | 28 <input type="checkbox"/> | 29 <input type="checkbox"/> | 30 <input type="checkbox"/> |

Sample. Do not reproduce.

Do the Work You Love and Work at Loving What You Do

- Enjoy using your skills and talents on the job, as well as during non-work hours.
 - Take pride in your accomplishments. Learn from setbacks.
 - Choose to be happy at work. Greet others with a smile.
-

“It is the working man who is the happy man. It is the idle man who is the miserable man.”

~ Benjamin Franklin

Spend time with coworkers you enjoy being with. Avoid people with negative attitudes.



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Take a Vacation for Rest and Relaxation

- Plan ahead to avoid travelling mishaps.
 - Leave your work and worries behind.
 - If travelling far busts your budget or is too stressful, enjoy a “staycation.”
 - Visit a local museum or landmark.
Relax at a nearby park or lake.
-

“Happiness consists of living each day as if it were the first day of your honeymoon and the last day of your vacation.”

~ Leo Tolstoy

Taking vacations has been shown to lower blood pressure and decrease stress hormones.



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2016 June

Record Exercise Minutes
or Steps, Weight, etc.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|----------------------------------|--|--|--|---|
| <p>MAY 2016</p> <p>S M T W Th F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p> |  | | <p>1</p> <p></p> <p>Say Something Nice Day</p> | <p>2</p> | <p>3</p> | <p>4</p> |
| <p>5</p> | <p>6</p> <p>D-Day</p> <p>Ramadan Begins</p> | <p>7</p> | <p>8</p> | <p>9</p> | <p>10</p> | <p>11</p> |
| <p>12</p> | <p>13</p> | <p>14</p> <p>Flag Day</p> | <p>15</p> | <p>16</p> | <p>17</p> | <p>18</p> |
| <p>19</p> <p>Father's Day</p> | <p>20</p> <p></p> <p>Summer Begins</p> | <p>21</p> | <p>22</p> | <p>23</p> <p></p> <p>Let It Go Day</p> | <p>24</p> | <p>25</p> |
| <p>26</p> | <p>27</p> | <p>28</p> | <p>29</p> | <p>30</p> | <p>MONTHLY OBSERVANCES</p> <p>Men's Health Month menshealthmonth.org</p> <p>National Safety Month nsc.org</p> | <p>JULY 2016</p> <p>S M T W Th F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p> |

Laugh Out Loud (lol)

Kids laugh 200 times a day. Adults laugh only 15 times a day. Start counting the number of times you laugh a day,. Set a goal to laugh more.

- Check out funny YouTube videos.
 - Watch comedy shows and movies.
 - Get a joke sent to your email every day, such as through www.ajokeaday.com.
 - Act like a kid — tell and laugh at your own knock-knock jokes, hula hoop, or wear a fake mustache and glasses.
-

“A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life.”

~ William Arthur Ward

Consider joining a “Laughter Yoga” class. Learn lots of laughter techniques while you move in positions to relax your body and mind.



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|---|--------------------------|
| JUNE 2016 S M T W Th 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 2016 S M T W Th 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 | MONTHLY OBSERVANCES Juvenile Arthritis arthritis.org |  |  | 1  International Joke Day | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| <input type="checkbox"/> | <input type="checkbox"/> Independence Day | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>  Simplify Day | <input type="checkbox"/> | <input type="checkbox"/> |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 31 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Sample. Do not reproduce.

Look at the World through the Wonder of a Child's Eyes

- When you wake up, see a new day full of exciting possibilities.
- Use your imagination to deal with mundane tasks at work and home.
- Be free to be you. Care less about what other people think.

"If we all could see the world through eyes of a child, we would see the magic in everything."

~ Chee Vai Tang

Enjoy reading a
children's book or
watching a children's
cartoon or TV show.



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2016 August

Record Exercise Minutes
or Steps, Weight, etc.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|-----------|-----------|---|---|---|
| JULY 2016 S M T W Th 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 |
| 7 | 8  Happiness Happens Day | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |  | MONTHLY OBSERVANCES Immunization Awareness cdc.gov Psoriasis Awareness psoriasis.org | SEPTEMBER 2016 S M T W Th 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 |

Think Positive!

Research shows that people who are optimistic tend to be happier, healthier, and cope better in tough times.

- Practice positive thoughts every day. You become what you think.
 - Say positive self-statements in the mirror.
 - Look for a silver lining in clouds and setbacks.
-

“Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.”

~ Mary Lou Retton

Being a positive thinker motivates you to solve problems instead of dwelling on them.



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September ²⁰¹⁶

Record Exercise Minutes
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--------------------------|---|
| AUGUST 2016 S M T W Th 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 | MONTHLY OBSERVANCES Fruits & Veggies - More Matters fruitsandveggiesmorematters.org Prostate Cancer zerocancer.org/pcam |  | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <input type="checkbox"/> | <input type="checkbox"/> Labor Day | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Good Neighbor Day |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| <input type="checkbox"/> Patriot Day | <input type="checkbox"/> Eid al-Adha | <input type="checkbox"/> Positive Thinking Day | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> World Gratitude Day International Day of Peace | <input type="checkbox"/> Autumn Begins | <input type="checkbox"/> | <input type="checkbox"/> |
| 25 | 26 | 27 | 28 | 29 | 30 | OCTOBER 2016 S M T W Th 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 |
| <input type="checkbox"/> | <input type="checkbox"/> Love Note Day | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |

Be Happy through Play

The benefits of play include creativity, release of tension, and relaxation.

- Plan active play time with your children outdoors. Play in the leaves.
 - Enjoy board games or card games with your children or friends.
 - Wear a costume on Halloween – or any day, just for the fun of it.
-

*“We don’t stop playing because we grow old;
we grow old because we stop playing.”*

~ George Bernard Shaw

Playing games like chess and playing a musical instrument challenge the brain and can help prevent memory problems, as well as improve brain function.



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October ²⁰¹⁶

Record Exercise Minutes
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|---|
| SEPTEMBER 2016 S M T W Th 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 2016 S M T W Th 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 | MONTHLY OBSERVANCES Breast Cancer Awareness cancer.org Physical Therapy Month apta.org |  |  | | |
| 2 <input type="checkbox"/> Rosh Hashanah (Begins at Sundown) | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input type="checkbox"/> | 7 <input type="checkbox"/> World Smile Day  | 8 <input type="checkbox"/> |
| 9 <input type="checkbox"/> | 10 <input type="checkbox"/> Columbus Day | 11 <input type="checkbox"/> Yom Kippur (Begins at Sundown) | 12 <input type="checkbox"/> | 13 <input type="checkbox"/> | 14 <input type="checkbox"/> | 15 <input type="checkbox"/> |
| 16 <input type="checkbox"/> | 17 <input type="checkbox"/> Boss' Day | 18 <input type="checkbox"/> | 19 <input type="checkbox"/> | 20 <input type="checkbox"/> | 21 <input type="checkbox"/> | 22 <input type="checkbox"/> Make a Difference Day  |
| 23 <input type="checkbox"/> | 24 <input type="checkbox"/> United Nations Day | 25 <input type="checkbox"/> | 26 <input type="checkbox"/> | 27 <input type="checkbox"/> | 28 <input type="checkbox"/> | 29 <input type="checkbox"/> |
| 30 <input type="checkbox"/> | 31 <input type="checkbox"/> Halloween  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Be Happy through Giving

A research study found that Americans who describe themselves as “very happy” volunteer an average of 5.8 hours per month compared to just 0.6 hours for those who are “unhappy.”

- Donate household goods and clothing.
 - Volunteer at a soup kitchen or food bank.
 - Donate blood. It could save a person’s life.
 - Maintain a “Thanksgiving Day” attitude all year long.
-

“We make a living by what we get, but we make a life by what we give.”

~ Winston Churchill

Helping others
releases endorphins
in the brain and
boosts happiness
for us and the
people we help.



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November ²⁰¹⁶

Record Exercise Minutes
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--------------|-----------|---|--------------|---|
| OCTOBER 2016 S M T W Th 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 | MONTHLY OBSERVANCES Alzheimer's Awareness alz.org American Diabetes diabetes.org COPD Awareness lung.org | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Daylight Saving Time Ends (Turn clocks back 1 hour.) | | Election Day | | | Veterans Day | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| World Kindness Day | Loosen Up, Lighten Up Day | | | Great American Smokeout Day | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | | | Thanksgiving Day | | |
| 27 | 28 | 29 | 30 |  | | DECEMBER 2016 S M T W Th 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 |

Plan for Happiness during the Holidays

For many people, holiday times are too hectic and tiring to be enjoyable. For others, living alone or with memories of a lost loved one brings sadness.

- Schedule activities you enjoy, but take time to unwind.
- Keep from over planning, hosting, and attending too many events.
- Lower expectations of having a perfect holiday. Focus on family traditions that are enjoyable, but realistic.

“Happiness doesn’t result from what we get, but from what we give.”

~ Ben Carson

If holidays are sad due to a lost loved one, plan to be with other people.



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December ²⁰¹⁶

Record Exercise Minutes
or Steps, Weight, etc.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---------------------------------------|---------------------------------------|---|
| NOVEMBER 2016 S M T W Th 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 2017 S M T W Th 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 | MONTHLY OBSERVANCES Safe Toys and Gifts preventblindness.org |  | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> |
| 11 <input type="checkbox"/> | 12 <input type="checkbox"/> | 13 <input type="checkbox"/> | 14 <input type="checkbox"/> Pearl Harbor Remembrance Day | 15 <input type="checkbox"/> | 16 <input type="checkbox"/> | 17 <input type="checkbox"/> |
| 18 <input type="checkbox"/> | 19 <input type="checkbox"/> | 20 <input type="checkbox"/> | 21 <input type="checkbox"/>  Winter Begins | 22 <input type="checkbox"/> | 23 <input type="checkbox"/> | 24 <input type="checkbox"/> Chanukah (Begins at Sundown) |
| 25 <input type="checkbox"/> Christmas Day | 26 <input type="checkbox"/> Kwanzaa | 27 <input type="checkbox"/> | 28 <input type="checkbox"/> | 29 <input type="checkbox"/> | 30 <input type="checkbox"/> | 31 <input type="checkbox"/> New Year's Eve |

Get Preventive Health Screenings

Use this information to find out what health tests and vaccines you need this year. Make appointments to get these. Record appointment dates on your calendar.

Health tests screen for problems which are easier and less costly to treat when found early. Early treatment helps prevent more serious problems. Tests also monitor how a problem is responding to treatment.

| Health Screening | Ages 18–29 | Ages 30–39 | Ages 40–49 | Age 50 and older |
|--|--|--|------------|------------------|
| Regular Dental Checkup | Every 6-12 months | | | |
| Blood Pressure | At every office visit or at least every 2 years | | | |
| Cholesterol Blood Test | All men aged 35+; men aged 20-35 and women over age 20 if at an increased risk for heart disease | | | |
| Blood Glucose Screening | Age 45 and older (younger with diabetes risk factors) as advised | | | |
| Cervical Cancer Screening | W O M E N | From ages 21-65, a Pap test every 3 years. Women ages 30-65 can opt for a Pap test and HPV testing every 5 years. | | |
| Chlamydia Screening | | All sexually active women ages 24 and younger; ages 25+ if at an increased risk | | |
| Professional Breast Exam ¹ | | Discuss with doctor | | |
| Mammogram ¹ | | Every 2 years ages 50-74 or as advised | | |
| Osteoporosis Screening | All women starting at age 65 (younger if at increased risk for fractures) as often as advised | | | |
| Prostate Cancer Screening ² | M E N | Discuss with doctor | | |
| Abdominal Aortic Aneurysm Screening | | One-time screening for men ages 65-75 who have ever smoked | | |
| Colorectal Cancer Screening ³ | | Ages 50-75 | | |

Note: These are general guidelines. Adults should also be screened for alcohol misuse, depression, obesity, and tobacco use. If you are at an increased risk for an illness, tests may need to be done sooner or more often. Extra tests (e.g., screening for diabetes, glaucoma) may also need to be done. Follow your doctor's advice for physical exams, screening tests, and vaccines. Check with your health plan to see if and when costs for tests and vaccines are covered.

- 1 Screening guidelines vary with different health groups. For ages 40-49 and 74+, discuss your breast cancer risk and the pros and cons of these screening tests with your doctor or health care provider.
- 2 Prostate-specific antigen (PSA) blood test screening guidelines vary with different health groups. Ask your doctor if and at what age you should start discussing the benefits and risks of getting PSA blood tests.
- 3 Discuss screening test options with your doctor. How often testing is needed depends on the test(s) given and your personal risk factors.

Find out more about health tests:

Get U.S. Preventive Services Task Force advice for screening tests based on age and sex from: www.healthfinder.gov/myhealthfinder.

Get Recommended Vaccines

Get up-to-date guidelines for vaccines from the Centers for Disease Control and Prevention (CDC) at www.cdc.gov/vaccines or 1.800.CDC.INFO (232.4636). Click on the Immunization Schedules you need: "Infants & Children," "Preteens & Teens," and/or "Adults."

Know Your Numbers

| | Ranges | My Goal | Keep Records |
|--|--------|---------|--------------|
|--|--------|---------|--------------|

Blood pressure (mm Hg)

| | | | |
|-----------------------|----------|--|--|
| Normal blood pressure | < 120/80 | | |
| High blood pressure | < 140/90 | | |

Ask your doctor what your target goal is.

| | Ranges | My Goals | Keep Records |
|--|--------|----------|--------------|
|--|--------|----------|--------------|

Blood cholesterol (mg/dL)

| | | | |
|----------------------------------|------------------------|--|--|
| Desirable total cholesterol* | > 200 | | |
| Desirable LDL (bad) cholesterol* | < 130 | | |
| HDL (good) cholesterol | ≥ 40 Men ≥ 50 Women | | |
| Triglycerides | < 150 | | |

*Ask your doctor about target cholesterol goals. These depend on your age and if you have health conditions, including diabetes and heart disease.

| | Ranges | My Goal | Keep Records |
|--|--------|---------|--------------|
|--|--------|---------|--------------|

Body Mass Index (BMI)

Find your BMI at www.bmi-calculator.net

| | | | |
|------------|---------------|--|--|
| Below 18.5 | Underweight | | |
| 18.5-24.9 | Normal weight | | |
| 25.0-29.9 | Overweight | | |
| 30.0+ | Obese | | |

| | Ranges | My Goals | Keep Records |
|--|--------|----------|--------------|
|--|--------|----------|--------------|

Blood Glucose (mg/dL) (fasting)

| | | | |
|----------------------------|----------|--|--|
| Normal blood glucose | < 100 | | |
| Pre-diabetes | 100-125 | | |
| Diabetes | 126+ | | |
| A1C (if you have diabetes) | < 6.5-7% | | |

| | Ranges | My Goal | Keep Records |
|--|--------|---------|--------------|
|--|--------|---------|--------------|

Waist Size (inches)

| | | | |
|---------------------|------|--|--|
| Desirable for men | < 40 | | |
| Desirable for women | < 35 | | |

Happy Home Recipe

4 cups love
3 cups understanding
2 cups loyalty
1 cup friendship
1 cup forgiveness
3 tablespoons hope
1 heaping handful of faith
1 barrel of laughs



Combine love, understanding, loyalty, friendship and forgiveness. Add hope and faith. Sprinkle abundantly with laughter. Bake it in sunshine. Serve daily in generous helpings.

Serves all that enter. Per serving: Unlimited happiness!

Happy Fruit & Veggie Snack



On a plate, arrange any variety of fruits and veggies to make a happy face. Example: Make a clown face with lettuce leaves for hair; cherry tomato for nose; carrot slices and peas for eyes; cucumber and lemon slices for hat; strawberry and banana slices for flower on hat, and low-calorie salad dressing for mouth.

Serves 1. Nutrition information varies with fruits and vegetables.

Quick Chili

½ pound ground turkey breast
15 ½ ounce can kidney beans (save liquid)
1/3 cup kidney bean liquid
1 cup “no salt added” canned tomato puree
1 tablespoon instant minced onion
1 ½ tablespoons chili powder
Vegetable cooking spray

Spray non stick fry pan with vegetable cooking spray. Add ground turkey. Cook on medium heat until lightly browned. Stir in rest of ingredients. Bring to a boil. Reduce heat, cover, and simmer 10 minutes.



Serves 4. Per serving: 173 calories; 0.5 g fat; 0 g saturated fat; 28 mg cholesterol; 24 g carbohydrate; 20 g protein; 8 g fiber; 168 mg sodium

Microwave Dilled Fish Fillets

1 pound frozen haddock or cod fillets, thawed in refrigerator overnight
1 tablespoon lemon juice
1/8 teaspoon dried dill weed
1/8 teaspoon salt
Dash of pepper

Place fish in a glass baking dish. Cover with wax paper. Cook at “medium” power for 3 minutes. Remove cover, turn fish over, and sprinkle with lemon juice and seasonings. Cover and continue cooking at “medium” power for 3 minutes or until fish flakes with a fork.



Serves 4. Per serving: 92 calories; 1 g fat; 0 g saturated fat; 5 mg cholesterol; 0 g carbohydrate; 20 g protein; 0 g fiber; 140 mg sodium

Cauliflower and Broccoli with Lemon

½ small head cauliflower, cut into florets
2 cups broccoli, cut into florets
2 tablespoons lemon juice
1 tablespoon olive oil
1 clove garlic, minced
2 teaspoons fresh parsley, chopped

Steam broccoli and cauliflower until tender (about 10 minutes). In a small saucepan, mix the lemon juice, oil, and garlic, and cook over low heat for 2 or 3 minutes. Put the vegetables in a serving dish. Pour the lemon sauce over the vegetables. Garnish with parsley.



Serves 6. Per serving: 134 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 3 g carbohydrate; 1.2 g protein; 1.2 g fiber; 14 mg sodium

Key Lime Dessert

8 ounces fat-free cream cheese
1 can fat-free evaporated milk
½ cup fresh squeezed lime juice
1 teaspoon vanilla

Combine all ingredients. Pour into 6 serving dishes.



Serves 6. Per serving: 90 calories; 0.5 g fat; 0 g saturated fat; 3 mg cholesterol; 12 g carbohydrate; 9 g protein; 0 g fiber; 285 mg sodium