

Welcome to Wellness 2010!

Use this planner to schedule your wellness activities and custom newsletter messages.



JANUARY
Cover No More Dieting
Fitness Guidelines Outdoor Winter Fun
Work & Family Smart Saving for the New Year
Self Care Pertussis
Safety Solutions QUIZ: First Aid at Home
Eating Smart Spice Up Your Cooking
MORE: Flu Shot: Not Too Late
 Your Custom Topics: _____
 Custom art/text due: **Oct. 20**

FEBRUARY
Cover Heart-Smart Moves
Fitness Guidelines Metabolism Boosters
Mental Well-Being Workouts for Sharp Minds
Self Care Help for Quitting Chewing Tobacco
Safety Solutions Wheelchair Safety
Eating Smart Fats: Heroes and Villains
MORE: Benefits of Antioxidants?
 Your Custom Topics: _____
 Custom art/text due: **Nov. 20**

MARCH
Cover Grow Your Own Food
Fitness Guidelines Avoiding Exercise Plateaus
Mental Well-Being Stop Eating Your Anger
Health Care Headache Relief
Safety Solutions Save-Your-Back Lifting
Eating Smart High Five for Fibre
MORE: Dry Mouth?
 Your Custom Topics: _____
 Custom art/text due: **Dec. 21**

APRIL
Cover Not Quite Vegetarian
Fitness Guidelines Taking a Spin
Mental Well-Being Are You Too Stressed?
Health Care Understanding Medical Studies
Safety Solutions Camping Safety
Eating Smart QUIZ: Artificial Sweeteners
MORE: Skin Cancer
 Your Custom Topics: _____
 Custom art/text due: **Jan. 20**

MAY
Cover Healthy Habits for Your Brain
Fitness Guidelines Have Exercise, Will Travel
Work & Family Childcare Decisions
Health Care QUIZ: Asthma
Safety Solutions Travelling Overseas
Eating Smart Make The Most of Every Bite
MORE: What is DASH?
 Your Custom Topics: _____
 Custom art/text due: **Feb. 22**

JUNE
Cover Summer Fitness Fun
Fitness Guidelines Quiz: Summer Diet Busters
Mental Well-Being Be a Survivor
Self Care Gardening with Allergies
Safety Solutions Think Before You Click or Text
Eating Smart Making Sense of Food Health Claims
MORE: Cyber Bullying
 Your Custom Topics: _____
 Custom art/text due: **March 22**

JULY
Cover Small Health Changes Bring Big Benefits
Fitness Guidelines Outdoor Games
Work & Family Conquering Clutter
Health Care Latest Treatments for Heart Attacks
Safety Solutions Play It Safe on Vacation
Eating Smart BBQ Side Dishes
MORE: Driver's Ed Self-Assessment
 Your Custom Topics: _____
 Custom art/text due: **April 20**

AUGUST
Cover A Shot at Prevention
Fitness Guidelines When Weight Loss Measures Fail
Mental Well-Being QUIZ: Common Mental Conditions
Health Care Flu Update
Safety Solutions PC Eyestrain
Eating Smart Nuts About Nuts
MORE: 10-Minute Workout
 Your Custom Topics: _____
 Custom art/text due: **May 20**

SEPTEMBER
Cover 5 Great Whole Grains
Fitness Guidelines Managing Cholesterol with Exercise
Mental Well-Being Thinking Young
Health Care MRSA
Safety Solutions QUIZ: Safety IQ
Eating Smart Correct Cooking Concepts
MORE: What Are Triglycerides?
 Your Custom Topics: _____
 Custom art/text due: **June 21**

OCTOBER
Cover Wake Up to Better Breakfasts
Fitness Guidelines Cubicle Workouts
Work & Family Wise Credit Card Use
Self Care Complexion Clarity
Safety Solutions Cycling Safety
Eating Smart QUIZ: Produce and Nutrients
MORE: Exercise and Colds
 Your Custom Topics: _____
 Custom art/text due: **July 20**

NOVEMBER
Cover Pre-Diabetes: Are You At Risk?
Fitness Guidelines Getting Ski-Ready
Work & Family Balance Your Life
Self Care Sleep Aids
Safety Solutions Staying Well By Plane and Sea
Eating Smart Desktop Dining
MORE: Third-Hand Tobacco Smoke
 Your Custom Topics: _____
 Custom art/text due: **Aug. 20**

DECEMBER
Cover 10 Time Savers
Fitness Guidelines Weight Loss Wisdom
Work & Family Holidays on a Budget
Health Care OTC Meds: A User's Guide
Safety Solutions Safe Gift Ideas
Eating Smart Take Control of Holiday Eating
MORE: Skin Care in the Cold
 Your Custom Topics: _____
 Custom art/text due: **Sept. 20**

Please note: We reserve the right to change editorial topics as developments warrant.

Informing, Educating, Motivating and Empowering People to Live Well and Work Well

In addition to BODY BULLETIN® CANADA, we publish companion newsletters that help employees live better, including PERSONAL BEST HEALTHLINES®, TOPHEALTH®, TOPDOLLAR®, TOPPERFORMANCE®, TOPSAFETY™ and SHIFTWORKER™.

We also offer motivational and educational brochures, posters, booklets and calendars ready to complement your wellness program. See a full selection at www.personalbest.com.

Got questions? Need more copies or looking for custom solutions? Our client services team is here to help you!

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