



What a healthy and balanced meal looks like:

Healthy Portions

Make vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products the basis for your meals and snacks.

➔ Fill half your plate with fruits and vegetables; choose red, orange and dark-green vegetables.

➔ Make half your grains whole. Swap a refined product for a whole-grain product.

➔ Opt for lean proteins, such as lean beef and pork, or chicken, turkey, beans, or tofu. Make seafood the main protein on your plate at least twice a week.



Quick guide to calories burned in 10 minutes of activity

The calories you burn through physical activity are affected by the type of activity and your weight — it takes more energy (calories) to move more weight. Calculate your daily activities at Shape Up America!

(www.shapeup.org/interactive/phys1.php).

ACTIVITY CALORIES/ 10 MINUTES	100- 130 LBS	131- 160 LBS	161- 190 LBS	191- 220 LBS	221- 250 LBS	251- 280 LBS	281- 300 LBS
Bicycling	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Bowling	20	20-30	30-40	40	40-50	50-60	60
Dancing	30-40	40-50	50-60	60-70	70-80	80-90	90-100
Gardening	30-40	40-60	60-70	70-80	80-90	90-100	100-110
Golf	30-40	40-50	50-60	60-70	70-80	80-90	90-100
Hiking	30	40-60	60-70	70-80	80-90	90-100	100-110
House cleaning	20-30	30-40	40-50	50	50-60	60-70	70
Running (8.5 min/mile)	80-110	110-130	130-160	160-190	190-210	210-240	240-250
Lawn mowing (power)	40-50	50-60	60-70	70-80	80-90	90-100	100-150
Racquetball	50-60	60-80	80-100	100-110	110-130	130-140	140-150
Resistance training, circuit	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Rollerblading	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Stairclimbing	40-50	50-70	70-80	80-90	90-110	110-120	120-130
Swimming, easy crawl	60-70	70-90	90-100	110-130	130-150	150-160	160-180
Tennis, singles	60-70	70-90	90-100	110-130	130-150	150-160	160-180
Walking (3.5 mph)	30	30-40	40-50	50-60	60-70	70-80	80-90
Walking (4.5 mph)	30-40	40-50	50-60	60-70	70-80	80-90	90-100
Weightlifting	20	20-30	30-40	40	40-50	50-60	60
Yoga	30	30-40	40-50	50-60	60-70	70-80	80-90

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JANUARY	FEBRUARY	MARCH
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	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	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
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READY, SET, GO ...

Challenge yourself each month to:

- ➔ eat more fruits

➔ eat more vegetables

➔ eat more whole grains

➔ watch your portions

➔ watch your calories

➔ cut the unhealthy fats
- ➔ cut sugar

➔ cut salt

➔ cook at home more

➔ be more active

➔ head outdoors more

➔ drink more water

Got goals?

Set realistic fitness goals for the year. Getting started is quick, easy and inexpensive — take a brisk walk around your neighborhood after dinner.

Burn Calculator: Walking



You can burn up to 40 calories for every 10 minutes you walk. Schedule a “Walking Meeting” for your next one-on-one or small-group meeting. Enjoy the sunlight and fresh air while you burn calories.

January

2013



MAKE A GREAT PLATE. Start with a healthful breakfast.

- For more fiber, choose whole fruit rather than juice.
- Top whole grain cereal with banana or mixed berries.
- Add sliced apple or pear to your toast and peanut butter.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21Martin Luther King, Jr. Day (U.S.)	22	23	24	25	26
27	28	29	30	31		

REACH FOR THE HEALTHFUL FATS.

Not all fats are bad for you.

- ➔ Monounsaturated fats (olive oil, canola oil, avocado) and polyunsaturated fats (corn, soy and sunflower oils, fatty fish) can help lower cholesterol levels when used in place of saturated and trans fats in the diet.
- ➔ Cut back on saturated fats (lard, high-fat cuts of meat, ice cream) and trans fats (packaged foods, fried foods) from your diet because they raise cholesterol levels and increase heart disease risk.

Simple Swaps

Bad fats



butter



potato chips



creamy dressing

Good Fats



avocado



nuts & seeds



oil & vinegar



February

2013



FIT IN FITNESS. Take the dog for a walk.

- Start with one 15- to 30-minute walk a day at an easy pace.
- As you and your pet get used to walking, challenge yourself by walking farther or walking faster.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Groundhog Day
3	4	5	6	7	8	9
10 Chinese New Year	11	12	13 Ash Wednesday	14 Valentine's Day	15	16
17	18 Presidents' Day (U.S.)	19	20	21	22	23 Purim Begins at Sundown
24 Purim	25	26	27	28		

BALANCE FOOD AND FITNESS.

Calories in, calories out.

Depending on your activity level, age and gender, you might need more or less than the 2,000 calories the average person eats and drinks per day. The number of calories you eat and drink as well as the number of calories you burn affect whether you lose, gain or maintain weight. If you burn more calories than you take in, you'll lose weight. If they're the same, your weight won't really change.

Make your calories count.

Don't blow your calorie budget on foods that lack nutrients. Opt for nutrient-dense fruit, vegetables, whole grains, fish, legumes and low-fat dairy products, which can help prevent heart disease, cancer and diabetes.



Burn Calculator: 500 Rule

Lose one pound a week by cutting 500 calories a day using this guide:

- Burn 250 calories in activity, such as a 30-minute walk.
- Eat or drink 250 fewer calories, such as smaller portions and one less snack or beverage.

March

2013



MAKE A GREAT PLATE. Steam fresh or frozen vegetables.

- Steam broccoli, green beans or carrots in a bowl with water in the microwave to preserve the vitamins, minerals and antioxidants.
- Wash fresh vegetables to remove dirt and surface microorganisms.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10 Daylight Saving Time Begins	11	12	13	14	15	16
17 St. Patrick's Day	18	19	20 Spring Begins	21	22	23
24 Palm Sunday	25 Passover Begins at Sundown	26 Passover	27	28	29 Good Friday	30
31 Easter						

TAKE CARE OF YOUR HEART.

Keep proteins heart-friendly.

Here are some better-for-you high protein options: skinless chicken or turkey, fish, seafood, eggs, legumes (chickpeas, lentils, soybeans), nuts, seeds and lean meat.

Make a great plate by:

- Choosing broiled or baked over fried and breaded options.
- Trimming or draining fat from meat.
- Removing the skin from poultry.

Simple Swap: Red Meat vs. Seafood



Switch red meat for 8 ounces of fish or seafood on your plate each week. Omega-3 fatty acids found in fish help boost your heart health by improving blood pressure and triglyceride levels.



April

2013



FIT IN FITNESS. Burn calories around the house:

- Common household tasks can help burn calories.
- Picking up your pace burns even more calories.
- Get your body moving and your heart pumping.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Passover Ends	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Administrative Professionals Day (U.S.)	25	26	27
28	29	30				



FIND A WORKOUT BUDDY.

Fit in fitness.

Everyone should do some form of physical activity daily — a total of 60 minutes for children and 30 minutes for adults. Exercise can improve your mood and overall health even in 10-minute increments.

Get others involved.

Strategies to help keep you and others motivated:

- ➔ Ask friends, family or co-workers to join you.
- ➔ Make your workouts a social event.
- ➔ Encourage your family to join a sports team.
- ➔ Try a new physical activity with a group.

Together, you'll find easy ways to make fitness fun.

Burn Calculator: Yoga



Simple Swap: TV vs. Yoga DVD

Yoga stretches your muscles and helps you relax — great for mental fitness and well-being.

May
2013



MAKE A GREAT PLATE. Keep a variety of fruit on hand.

- Set a bowl of whole fruit on the table, counter or in the refrigerator.
- Buy fresh, dried, frozen or canned (in water or 100% juice).
- Eat fruit every day with meals or as snacks.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 Orthodox Easter	6	7	8	9	10	11
12 Mother's Day	13	14	15	16	17	18 Armed Forces Day (U.S.)
19	20	21	22	23	24	25
26	27 Memorial Day (U.S.)	28	29	30	31	

MAKE YOUR MEALS HEALTHIER.

Cook more meals at home.

Comfort food doesn't have to be unhealthy. Modify your recipes by substituting an ingredient or two with a healthier version. Try to eat at least three home-cooked meals each week. When you cook at home, you can control the amounts of salt, sugar and fats that go into your meals.

Dining out?

Follow these tips to help you stay on track:

- ➔ Look at the restaurant menu online (if available) and make your choices before you get there.
- ➔ Start with a light salad instead of reaching for the bread basket while you wait.
- ➔ Ask for condiments on the side and pass on the butter.
- ➔ Choose baked, broiled or steamed dishes.

Burn Calculator: **Cooking**

120
calories



60
minutes

There are 120 calories in a grilled, skinless chicken breast. Cooking for an hour can burn 120 calories. You can burn off some of your mealtime calories just by making it yourself.

June
2013



FIT IN FITNESS. Turn the music up and get moving.

Make a 10-song playlist. A song lasts about 3 minutes to give you about 30 minutes of tunes and fitness. Walking or dancing while you listen to your playlist from start to finish helps you stay energized and alert.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6D-Day	7	8
9	10	11	12	13	14Flag Day (U.S.)	15
16Father's Day	17	18	19	20	21Summer Begins	22
23	24	25	26	27	28	29
30						

HAVE FUN, BE FIT, AND LIVE LONG.

Raise your heart rate.

All adults should try to be physically active. Any physical activity is better than none, so get your body moving.

- ➔ Start at a comfortable level. It might seem like a small change but getting up and stretching your legs regularly makes a difference.
- ➔ As you get used to it and it becomes easier, you should be able to increase your speed, distance or time.

Know the benefits of being fit.

Any amount of physical activity results in some health benefits. Studies show that regular physical activity decreases the risk for developing the following:

- ➔ depression
 - ➔ diabetes
 - ➔ heart disease
 - ➔ high blood pressure
- ➔ obesity
 - ➔ stroke
 - ➔ some types of cancer

Simple Swap: Lemon vs. Salt



Squeeze some lemon juice instead of adding salt to your dish. The lemon's tartness adds flavor to lean meats, fish, poultry, salads and vegetables without adding sodium.

July
2013



MAKE A GREAT PLATE. Cut back on added salt.

- Check food labels for the amount of sodium in the foods you buy.
- Choose unsalted, low-sodium and sodium-free items.
- Flavor foods with herbs and spices — not salt.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4Independence Day (U.S.)	5	6
7	8Ramadan Begins at Sundown	9Ramadan	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SIZE UP YOUR PORTIONS AND SERVINGS.

Watch your portions.

Use a smaller plate, bowl and glass at meals to help you control your portions. Aim for more servings of vegetables and fruits and go for smaller portions of protein and grains.

Portion control is easier when you:

- Use measuring cups and spoons to serve your meals and snacks. It helps you see what portions look like on your plate as well as in your cups and bowls.
- Read food labels for serving and calorie details.
- Measure portions by using your fist as a guide — a child’s fist for a child’s portion.

***Healthful Hint:** When measuring your food, be sure it is a level — not heaping — measure.

Simple Swap: Serving Sizes

Get familiar with serving sizes:



A cup of veggies or fruit is about the size of two scoops of ice cream.

A 3-ounce serving of meat is about the size of a deck of cards.



August

2013



FIT IN FITNESS. Take the 30-day Challenge. Commit to 30 days of trying to become more physically active. Why? People who stick with something for half a year usually make it a habit and enjoy long-term success.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8 Ramadan Ends	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

OFF THE COUCH AND ON YOUR WAY.

Change things up.

On the days you need extra motivation, do something different, something fun or something new. Try swapping your usual bus or car ride for a bike ride. Invite your friends, family or co-workers to join you for an adventure.

Enjoy the ride.

The ride can be challenging or leisurely. As you build up strength and stamina, gradually increase the distance or your speed. Challenge yourself with new courses such as cycling uphill or going on a challenging bike trail. People who successfully lose weight and keep it off exercise 60-90 minutes a day.

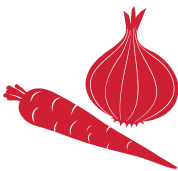
Simple Swap: Couch vs. Cardio



Swap watching TV for a childhood favorite — bike riding. Or, try a spinning class. Both activities burn calories and give you a great cardio workout. Choose the cycling style that's best for you.

September

2013



MAKE A GREAT PLATE. Add color to your meals.

- Choose colorful vegetables to help brighten favorite recipes.
- Buy veggies in season for the best flavor and lower cost.
- Try a new vegetable — you might like it!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2Labor Day (U.S.)	3	4Rosh Hashanah Begins at Sundown	5Rosh Hashanah	6Rosh Hashanah	7
8Grandparents Day	9	10	11Patriot Day (U.S.)	12	13Yom Kippur Begins at Sundown	14Yom Kippur
15	16	17	18	19	20	21
22Autumn Begins	23	24	25	26	27	28
29	30					

EAT MORE WHOLE GRAINS.

Make simple swaps.

Try adding one whole grain to your meals and snacks. Start by eating brown rice instead of white rice or 100% whole-wheat bread instead of white bread. Whole grains help reduce risk of some chronic diseases (stroke, diabetes, heart disease, and obesity) and colorectal cancer.

Make a great plate.

Eat at least 3 ounces of whole grains per day. An ounce is about:

- 1 slice of whole grain bread
- 1 cup of flaked or puffed breakfast cereal.
- ½ cup of cooked brown rice or whole wheat pasta

Simple Swap: Chips vs. Popcorn



It takes 2½ hours to burn up the 900 calories in a 6-ounce snack bag of potato chips. It only takes 7 minutes of stair climbing to burn the 62 calories in 2 cups of plain popcorn.

October

2013



FIT IN FITNESS. Sit less and move more.

- Work in up to 30 minutes of moderate activity, five times a week.
- Try getting your heart beating faster for 10 minutes at a time.
- Gently stretch your muscle groups before and after you exercise.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Columbus Day (U.S.)	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween		

START THE DAY WITH SOME STRETCHES.

When should you stretch?

Walk 5-10 minutes to warm up your muscles (never stretch cold muscles). Then stretch gently. Stretching after exercise also helps prevent muscle strain or injury and improve range of motion. For people who aren't active regularly, stretch at least three times a week to maintain flexibility and increase circulation.

Simple Swap: Soda vs. Water



Drink fewer sodas or sugar-sweetened drinks. Make flavored ice cubes from fresh citrus juice and add them to your water. Or, try adding a few crushed berries or your favorite herbs.

Follow these tips:

- ➔ Target major muscle groups — calves, thighs, lower back and shoulders and problem areas.
- ➔ You should feel tension but not discomfort. If it hurts, ease up until the pain disappears.
- ➔ Other benefits of stretching include stress relief and improved joint range of motion.
- ➔ At work? Get up to stretch, swing your arms and move around once every hour. Set an alarm to remind you.



November

2013



MAKE A GREAT PLATE. Snub added sugars.

- Switch to cereals and snacks that are lower in sugar.
- Ditch ice cream and cake for fruit-based desserts.
- Save sugary desserts for special occasions.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 Daylight Saving Time Ends	4	5	6	7	8	9
10	11 Veterans Day (U.S.)	12	13	14	15	16
17	18	19	20	21 Great American Smokeout	22	23
24	25	26	27 Hanukkah Begins at Sundown	28 Hanukkah Thanksgiving Day	29	30

PACE YOURSELF AND PLAN AHEAD.

Keep pantry essentials on hand.

Organize your pantry by grouping dry and canned ingredients with your go-to recipes. Having healthy basics — such as beans, peas, whole-grain pastas, tomatoes, dried herbs and spices — on hand can help you prepare quick, hearty and healthful meals.

Plan your meals in advance.

Start by preparing some items on your days off:

- ➔ Wash, cut and prepackage vegetables (carrots, peppers and onions) to use later in the week.
- ➔ Double or triple recipes when you have time.
- ➔ Freeze half of soups and casseroles or divide into individual portions to heat and serve later.

Burn Calculator: Dancing



Depending on the dance, you can burn at least 100 calories in half an hour. It also helps you stay flexible and relieve stress. Find the dancing style that’s fun for you!



December

2013



FIT IN FITNESS. Try strength training.

- The more muscle you build, the faster your metabolic rate.
- Be sure you don't try to lift more weight than you can handle.
- Lift and lower weights in slow, controlled movements.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Hanukkah Ends	6	7 Pearl Harbor Remembrance Day (U.S.)
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Winter Begins
22	23	24	25 Christmas Day	26 Kwanzaa Begins	27	28
29	30	31				