≝joy of **wellness** ... on the go



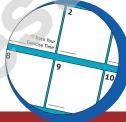
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Personal Information and Important Contacts

name		Important Contacts	
address		name	phone
phone	e-mail	name	phone
In Case of Emergency		Pharmacy	
contact	phone	contact	phone
contact	phone	Health Insurance Information	
allergies			
medications		policy number	

Note: The information in this healthy living tool is from Personal Best® and Oakstone® Publishing, LLC. It is not intended to serve as a substitute for professional care Before making significant changes to your diet or exercise level, you may need to talk to your doctor or health care provider.

Use this pocket planner to stay organized and on track with your personal wellness program. You can even track your exercise time each day.



Get Active Your Way

If you're like many people, reaching or maintaining a healthy weight is your No. 1 priority.

How do you measure up? One sign that you may be overweight is your waist circumference. To measure it:

- Run a tape measure around your body just above your navel.
- A measurement of more than 35 inches (for women) or 40 inches (for men) may increase your health risks.

For people who are overweight, losing just 10 percent of your current weight may significantly improve your health — provided you keep it off.

Current Weight:

Weight Goal:

Tip: If losing 20 or 30 pounds seems hard, focus on losing just 1 to 2 pounds a week — that's 10 pounds in five to 10 weeks.

The 500 Rule — Lose 1 pound a week by cutting 500 calories a day this way:

- Depending on your weight and speed, you can burn up to 250 with a long, fast walk.
- ✓ Consume 250 fewer calories by eating smaller portions daily.

For health benefits, your physical activity should raise your heart rate above its resting rate.

Adults need at least 2 hours and 30 minutes of moderate activity every week. This means you are working hard enough to raise your heart rate and break a sweat. And, don't forget musclestrengthening activities two or more days per week to work major muscle groups.

To lose weight, target 60 to 90 minutes of extra activity most days of the week.

A Basic Food Plan for Eating Well

Eating should be enjoyable. Good choices help sustain your body and boost your health so you can work well and live well.

Are you trying to eat better, lose weight or do both? Small changes over time make a big difference.

What is smart eating?

✓ Portion control

- ✓ Reducing sodium
 - Eating more fish and keeping meat portions small
 - ✓ Little added sugars
 - ✓ Low-fat or nonfat dairy items
 - ✓ Eating slowly
 - ✓ Eating mindfully

A daily plan right for most everyone includes:

At least 2 cups of fruit and $2\frac{1}{2}$ cups of vegetables Six to 8 cups of water

At least 30 minutes of aerobic activity Seven to 9 hours of quality sleep

Taking in the amount of calories that makes sense based on your age, gender and physical activity level

S	Sample Calorie Needs for Ages 30 to 50					
		average daily	calorie needs			
	daily activity	men	women			
	< 30 minutes	2,300	1,800			
	30-60 minutes	2,500	2,100			
	> 60 minutes	2,900	2,300			

Lose 1 pound per week: Try the 500 Rule

See www.ChooseMyPlate.gov, a dietitian or your health care provider for help.

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/	100-	131-	161-	191-	221-	251-	281-
10 MINUTES	130 LBS	160 LBS	190 LBS	220 LBS	250 LBS	280 LBS	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)	30-40	40-50	50-60	60-70	70-80	80-90	90-100
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
Rowing	50-60	60-80	80-100	100-110	110-130	130-140	140-150
Stair Climbing	40-50	50-70	70-80	80-90	90-110	110-120	120-130
Swimming, easy crawl	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Tennis, singles	60-70	70-90	90-110	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
Wheelchair, fwd, 15 W	30-50	50-60	60-70	70-80	80-100	100-110	110
Yoga	30	30-40	40-50	50-60	60-70	70-80	80-90

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Food Groups & Basic Daily Needs (based on 2,000 calories/day)



6 ounces of grains
1 ounce = about ½ cup
of cooked rice, pasta
or barley; 1 slice of
bread; or roughly 1 cup
of whole-grain cereal
(uncooked). Make at
least half your grains
whole grains.



At least 2 cups of fruit Whole fruit, not juice, is best.



At least 2½ cups of vegetables Subgroups: dark green, orange, starchy, dry beans and peas, etc.



3 cups of dairy Skim or low-fat milk, yogurt, or other milk equivalent.



5 to 6 ounces of meat and beans 1 ounce = 1 ounce of poultry, fish or lean meat; 1 egg; 1 tbsp peanut butter; or 1/4 cup dried beans.



5 teaspoons of oils and fats Use cooking oils, dressings and nuts in small amounts.

Make a Colorful Plate



Healthy Plate Portions

1/2 a colorful mix of fruits and vegetables

1/4 low-fat, protein-rich foods (broiled, grilled, roasted)

1/4 100% whole-grain breads, pasta or brown rice

Quick Guide to Serving Sizes

Grains

1 cup dry cereal (1 ounce) = baseball ½ cup cooked pasta (1 ounce) = small computer mouse

Fruits

1 small apple (1 cup) = baseball ½ cup sliced fruit = ice cream scoop

Vegetables

1 cup raw vegetables = baseball

Dairy

1 ounce cheese = 4 dice ½ cup frozen yogurt = ice cream scoop

Meat and Beans

½ cup beans (2 ounces) = small computer mouse
3 ounces poultry, fish or meat = deck of cards

Visual Guide: Quick clues for portion control











= 1 cup

= ½ cup

= ½ cup

= 3 ounces

= 1 ounce

Portion control is easier when you:

- Use measuring cups and spoons.
- Premeasure amounts and set aside for convenience.
- Read food labels for serving size and calorie details.

Learn your daily calorie needs at www.ChooseMyPlate.gov.

What Moves You?

Feeling vibrant, living actively and fit, serving your body well through good nutrition ~ you have been given one body. Your wellness is in your hands.

Do you aim to inspire others to live well, hope to feel like you're 40 when you're 75 or just want to feel swimsuit ready? Make a healthy start.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day Track Your Exercise Time	2	3	4	5
6	7	8	9	10	11 	12
13	14	15	16	17 ——	18	19
20	21 Martin Luther King Jr. Day (US)	22	Weedless Wednesday (CAN)	24 	25	26
27	28	29	30	31	Simple swa Start your m naturally sw instead of a	orning with eet fruit

Make Your Heart Sing

When we discover connections that tap into our inner passion, we unlock a world that helps us live and work well. If only for soul food alone, hobbies help bring out our best.

Your heart loves the hobbies that get you moving more, naturally. Dancing, gardening, community projects and local sports leagues are great ways to feel joy, get fit and form healthy relationships.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Catueday
Sunday	Monday	Tuesday	wednesday	Inursday	Friday	Saturday
engaged in l	ip V or technolog heart-pumping ve {with your h	physical activit	ту уоиг	0	Track Your Exercise Time	2 Groundhog Day
3	4	5	6	7	8	9
10 Chinese New Year	11	12	Ash Wednesday	14 Valentine's Day	15 National Flag of Canada Day	16
17	Presidents' Day (US) Family Day (CAN)	19	20	21	22 	Purim Begins at Sundown
24 Purim	25	26	27	28		

February

Visit the Farmers Market

Heart-healthy eating is the best choice for year-round menu planning. With fruits and vegetables as the main course, smaller amounts of lean proteins, healthy whole grains and good-for-you fats (polyunsaturated and monounsaturated), you have plenty of options to enjoy.

Tuesday

With every meal, fill your plate with fruits or vegetables ~ fresh, frozen or canned.

Monday

Sunday

simple **swap**



with basic olive oil, lemon spritz, and salt and pepper.					Track Your Exercise Time	
		THE RESERVE TO SERVE				
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
Palm Sunday Baster Easter	Passover Begins at Sundown	Passover	27	28	29 Good Friday	30

Start a Happiness Project

What brings you joy and satisfaction and engages you so that you live well and work at your best? Name these things and resolve to pursue them.

Find joy in a quiet walk ... a beautiful view ... a favorite movie ... or the smell of fresh flowers. Smile about something you've never noticed before. Fresh ideas are all around.

Easter

Monday (CAN) Tuesday

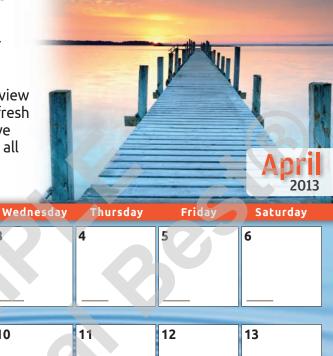
Passover Ends 3

2

Monday

1

Sunday



	Track Your Exercise Time					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Administrative Professionals Day (US)	25	26	27
28	29	30	activities, ta	ap illing every mir ake a few minu lanage stress ir	tes to enjoy pe	acefulness

Enjoy the Great Outdoors

Truly, from childhood on, fitness is to be loved for life. Aerobic activity lifts your mood and spirits. The joy factor increases when you pursue fitness in novel ways.

Technology is at your service to help you succeed with your goals for better fitness, nutrition and much more.

Monday

Rather than waiting, talk about wellness

Tuesday

Sunday

simple **swap**



with your he	ealth care provi	der.	Track Your Exercise Time			
5 Orthodox Easter	6	7	8	9	10	
Mother's Day	13	14	15	16	17	18 Armed Forces Day (US)
19	20 Victoria Day (CAN)	21	22	23	24	25
26	27 Memorial Day (US)	28	29	30	31	

Wellness ... Meet Safety

When we are without injury, we are, in one sense, well. When we are calm, we tend to make choices that keep us safe. Avoid shortcuts and take time to do a job right, and use the right tools. Slow down if you're moving too fast ...

At work and at home, take your safety training to heart. Also consider a basic lifesaving course.



Sunday	Monday	Tuesday	Wednesday	Inursday	Friday	Saturday
Simple swap Rather than lifting a heavy, awkward object alone, ask for help from someone nearby or use equipment that can save your back.						Track Your Exercise Time
2	3	4	5	6 D-Day	7	8
9	10	11	12	13	14 Flag Day (US)	15
16 Father's Day	17	18	19	20	21 Summer Begins	22
30	24	25	26	27	28	29

Keep the Sun and Sunscreen Together

We get a lot of sun exposure while going about activities such as driving the car or working in the yard.

Block the rays naturally by using a visor or wide-brimmed hat and sunscreening clothes. Skin care and sunscreen products with an SPF 15 offer light protection, but 30-plus gives you more.

. 3	,					2013
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Track Your Exercise Time	2	3	4 Independence Day (US)		6
Statistics.			2 1	TANK ALL		
7	Ramadan Begins at Sundown	9 Ramadan	10	11 —		13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	drink or juic	ap a sweet soft d e, take along pl ench your thirs	lenty of 🛮 🛭

Put Wellness Into Action

Partner with a wellness champion, your doctor or health care provider to live and work at your healthy best. Get the check-ups, health screenings and immunizations you need.

Take charge of your health. Put wellness into action for yourself and your family.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
simple sw Instead of or socializing fewer distr	eating while wa ng, eat mindful	atching TV ly, with		Track Your Exercise Time	2	3
4	5 Civic Holiday (CAN)	6	7	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

Grow Your Financial Wellness

Healthy habits aren't reserved for just body and mind. Take time for a financial planning, savings and spending check-up. Track your expenses alongside your income ... create a budget you can live with ... make adjustments as your needs change.

A fresh outlook on money ~ goals, plans and actions for the future ~ helps ease worry.

		Sept	ember 2013
av	Thursday	Friday	Saturday

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Track Your Exercise Time	Labor Day (US) Labour Day (CAN)	3	Rosh Hashanah Begins at Sundown	5 Rosh Hashanah	6	7
		-					The same
8	Grandparents Day	9	10	11 Patriot Day (US)	12	Yom Kippur Begins at Sundown	14 Yom Kippur
15	Terry Fox Run (CAN)	16	17	18	19	20	21
22	Autumn Begins	23	24	25	26	27	28
29		30	ATTIRETED	simple sw Instead of o or vegetab water.	crackers or can	dy for a snack, ass of skim mill	eat a fruit c or plain

Say 'Yes' to Walking for Wellness

Stroll through a botanical garden or zoo; hike in a national, state or city park; or take part in one of the many health awareness events in your area this month.

If you are not active, take the first step to better health with a walking routine {with your doctor's OK}.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Track Your Exercise Time	2	3	4	5
6	7	8	9	10	11	12
13	14 Columbus Day (US) Thanksgiving Day (CAN)	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween	Simple swa Instead of app chores as just them count to daily fitness g	oroaching chores, make oward your

Give Thanks for Good Food and Happy Times

Many people don't know when they are truly hungry. Do you eat when you are stressed or unhappy, while you watch TV, or because everyone else is eating?

Take a step back and ask yourself why you want to eat, and determine whether or not you are actually hungry.

Tuesday

Monday

Sunday

simple **swap**



use herbs a flavors.	and spices and	enjoy more nat	cural		Track Your Exercise Time	
3 Daylight Saving Time Ends	4	5	6	7	8	9
10	11 Veterans Day (US) Remembrance Day (CAN)	12	13	14	15	16
17	18	19	20	21 Great American Smokeout		23
24	25	26	27 Hanukkah Begins at Sundown	28 Hanukkah Thanksgiving Day (US)	29	30

Embrace Peace and Wellness

Peace on Earth ... it's a phrase we hear often this time of year. Now contrast peace to the noise of the world. Call peace into your heart ... light a candle in honor or memory of someone you love, breathe deeply, and discover purpose and a higher calling.

For better balance, learn to break away and focus on your physical, mental and spiritual needs.

Tuesday

3

Monday

2

Sunday

1



Track Your Exercise Time	_			Ends		Remembrance Day (US)
STATE OF THE PARTY			Z 15 (10)			
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Winter Begins
22	23	24	25 Christmas Day	Rwanzaa Begins Boxing Day (CAN)	27	28
29	30	31		Simple swa Instead of cra tasks, take 10 deeply, take in listen to seaso	mming in those of the control of the	extra to-do-list y to breathe ights and

BASIC SCR Test/Exam	EENINGS • HEALTH When Needed	Y MEA	SURES Results
Weight	BMI/waist check, as advised		
Cholesterol			
Total	Fasting test		
HDL	every 5 years, starting at		
LDL	age 20		
Triglycerides			
Blood Pressure	Check annually		
Colorectal Cancer	Starting at 50 or as advised		
Skin Cancer	As advised		
Dental Exam	As advised		
Eye Exam	As advised		
Hearing Exam	As advised		
Fasting Blood Glucose	As advised		

ADULT IMMU Vaccine	NIZATIONS • FOR STANDOSE and When Needed	
Tetanus- Diphtheria- Pertussis	Td: once every 10 years Tdap: 1 dose in place of Td	
Influenza (Flu)	Every year or as advised	
Pneumococcal	1 dose, at 65 or older or earlier if at risk	
Zoster (Shingles)	1 dose, at 60 or older	
Hepatitis A	2 doses if at risk, as advised	
Hepatitis B	3 doses if at risk, as advised	
HPV (Human Papillomavirus)	3 doses for previously unvaccinated women through age 26 and men through age 21	
Measles, Mumps, Rubella	1 or 2 doses if at risk, as advised	
Varicella (Chickenpox)	2 doses if at risk, as advised	
Meningitis	1 or more doses if at risk, as advised	

Recommendations are subject to change (www.cdc.gov/vaccines/default.htm).
Foreign travel may require additional immunizations not listed here.

WOMEN ON			
Test/Exam	When Needed	Date	Results
Breast Cancer	Starting at 40 or as advised		
Cervical Cancer	Starting at 21 or as advised		
Osteoporosis	At 65 or as advised		

MEN ONLY Test/Exam	When Needed	Date	Results
Abdominal Aortic Aneurysm	One-time test, at 65-75, if history of smoking 100 or more cigarettes		
Prostate Cancer	Starting at 50 or as advised		

Talk to your health care provider if you have symptoms or personal risks, such as family history, for these conditions. Also cover unusual symptoms and other health concerns not listed, such as sexually transmitted infections, HIV, depression or anxiety. Be a partner in your health care.

1	YOUR FAMILY H	EALTH HISTORY			
	Condition	Relative's Name and Relationship	Gender and Age of Onset	Treatment/Result	
I					
I					
l					
1					

Knowing your family's medical history can help you and your health care provider identify your disease risk and tailor a wellness program to your needs.

My Personal Health Record: Medication & Allergy Log

Dose/Frequency

PRESCRIPTION MEDICATIONS

Name

Show this log to your doctor or health care provider at every visit. List all the prescriptions, over-the-counter products and herbal supplements you take, as well as allergies and drug or food sensitivities. This will help your provider identify any potential problems, such as side effects and drug interactions.

Prescribed By

FOR	WIT -
R	
	- 2
LABEL AS WRITTEN	

Purpose

Period Used

			1	
OVER-THE-CO	OUNTER MEDICATIO	NS (including suppler	ments)	
				Purpose
	Dose/Frequency	Prescribed By	Period Used	Purpose
				Purpose
				Purpose
OVER-THE-CONAME				Purpose
				Purpose
Name	Dose/Frequency	Prescribed By		Purpose
Name		Prescribed By		Purpose