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With a Focus on Health and Wellness

We can improve our overall health and sense of wellness by keeping aware of the connection between everyday habits and lifestyle choices. We can improve our well-being just by consciously focussing on making wiser choices – to take that little break to relax, to check our posture, to opt for the healthier food choice, to make that appointment with our wellness professional, etc.

External pressures and commitments will always be there demanding our attention. We can balance that, and make a huge difference in the quality of our lives, by taking a few moments now and then throughout the day to focus internally on personal health choices, and in the process of doing so, increase our own health and happiness.

You will find ideas in this calendar designed to help you make healthy choices in caring for yourself through a natural balance of exercise, nutrition, and other wellness choices. Have a wonderful and well 2012!



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Did you know that cinnamon is a spice with remarkable health benefits? Through the course of the holidays, you are more than likely to run into ciders and desserts spiced with cinnamon, and you may find it helps instead of hindering.

Besides the taste and smell, cinnamon acts as a natural food preservative, used in olden times to preserve food as well as to flavor it. It was also used in folk medicine as a treatment for rheumatism, and for its anti-inflammatory properties.

Recent studies have shown that cinnamon is helpful in naturally regulating blood sugar, which is great news for Type 2 diabetics in the season of fruitcakes and rich desserts. Cinnamon can also aid in lessening blood clotting, resisting infection, arthritis pain, LDL cholesterol and can even help reduce proliferation of specific cancer cells. All this, as well as being a natural food preservative, and a good source of essential nutrients like fiber, iron, manganese and calcium. Cinnamon extracts are effective in combating certain fungi causing infections, and the bacterium associated with stomach ulcers, called *Helicobacter pylori*. It has also been said to have some anti-microbial functions.

When going for the dessert tray, or spicing up a favorite holiday dish, you can feel a little less guilty about a tasty dessert if there is cinnamon adorning your plate!



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Sample

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First day of Hanukkah

First Day of Winter

Christmas Eve

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Christmas Day

Boxing Day (Can.)

New Year's Eve

Don't Give Up

January 2012

Temptation can be an insidious thing. You may opt for a salad at dinner, but that piece of chocolate cheesecake drizzled with raspberry sauce that a friend offers to share can be too much to resist. After a hard day at work, coming home late and trying to make a healthy meal, get out for a run, and a good night of sleep can seem impossible to grasp. It's okay.

Healthy routines and habits are good things to have, but let's face it; things don't always go as planned. Some days, however hard you try, even getting out for a fifteen minute jog is nearly impossible.

And it's not the end of the world.

The key is to pick up where you left off as soon as possible. So you had the cheesecake? Go for a run the next day anyway. Missed a work out or two? Go back to the gym, and get back into the routine as soon as possible. The urge to wait until later, or to miss even more should be quashed without mercy.

Maintaining the routine is easier, but getting back into the habit of eating well and exercising as quickly as possible is equally important if you have deviated from that routine. If you did give in to the ice cream the night before, make sure to have a salad in response, to balance out the intake. Most importantly, even if you cheat on the diet or miss a run or two, don't give up. The longer you wait, the harder it is to get back in the saddle.



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New Year's Day

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Martin Luther King Jr. Day

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Lunar New Year

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Sample

Feeling blue? Need calcium? Worried about bone density? You could probably use a little more Vitamin D in your life. It helps your body absorb calcium, which is an important function for combating osteoporosis. Vitamin D can give your immune system a boost. Studies show it can also help to decrease risk of breast cancer in pre-menopausal women, and can even reduce proliferation of cancer cells. In a lesser aspect, it helps to reduce the chances of catching a cold, and lessen the time it takes to get over said cold. Some studies even show improvement with controlling migraines and autoimmune function. Vitamin D can also help to improve moods, and combat seasonal mood issues, or depression.

However, since too much sun can weather the skin, cause several types of skin cancer and conditions, and at very least sunburns it is important to find alternate sources of Vitamin D, especially if you are fair skinned and prone to burning badly, or have a family history of skin disease like melanoma.

A few foods that are high in Vitamin D are margarine, eggs, and several fish dishes such as mackerel, salmon, and tuna. Vitamin D supplements can be found at any local pharmacy or health food store. Fifteen to eighteen minutes of direct sunlight can also contribute to increased levels Vitamin D.

Every day more University and Clinical studies are showing that Vitamin D has an ever more important role in our health and lives.



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Family Day (CAN)
President's Day (USA)

Ash Wednesday

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Sample

There are 3 pillars of good health: Nutrition, Exercise, and Sleep. The first two are the most heard about and take more effort, but sleep still seems to be forgotten.

Restful sleep is needed nightly by people of all ages. Children need good sleep to maintain healthy growth. Students and young adults often put social life and school activities before their sleep, which can have a detrimental effect on their memory and information retention, as well as open their immune systems to diseases. Adults are the most likely culprits to short themselves on rest, due to busy schedules, work, and especially new parents.

There are things you can do to help yourself get plenty of restful sleep, so you can feel alert and rejuvenated during your waking hours. Routine is very important. Having a “winding down” period before going to bed helps as well, giving your body clues that it should be relaxing and preparing for sleep. Avoid stimulants like sugar and caffeine, or eating large meals within 4 hours of going to bed. Stimulants and an active digestive system can keep the body active when you are trying to rest. If you can avoid strenuous exercise within 2 hours of trying to sleep, or temperature extremes, it is advisable. Meditation and mental relaxation techniques can also help. Find your own routine, and have a good rest!



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Sample

Purim

Daylight Savings Time Begins

St. Patrick's Day

First Day of Spring

When mixing berries into yogurt, ice cream, or on their own, be rest assured they're good for you no matter how consumed. Most common berries – strawberries, blueberries, cranberries, raspberries and blackberries – are high in antioxidants, vitamin C, fiber, and often have other benefits individually. Berries are low calorie, low carbohydrate food and easily added to any salad or dessert.

Blueberries are especially high in antioxidants, including ellagic acid that has anti-cancer properties. Like cranberries, blueberries also help to combat and prevent urinary tract infections. There are also studies linking positive effects of blueberries on short-term memory.

Strawberries have a higher concentration of vitamin C, and are very low calorie (53 calories per cup) with soluble fiber. A single cup of strawberries can nearly equal the Vitamin C content of cup of orange juice. They also contain calcium, magnesium, and potassium.

Raspberries are similar to blueberries in some respects, but differ in that the seed oil contains properties that resist sun damage to the skin. They are also high in fiber and manganese, which aids in digestion and metabolism of body fat.

Blackberries are also filled to the brim with fiber and Vitamin C, and in addition contain polyphenols and anthocyanin pigments, which can combat cancer and heart disease.



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April Fool's Day

Good Friday

First Day of Passover

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Easter Sunday

Easter Monday (CAN)

Passover Ends

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Earth Day

Admin. Professionals Day

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Sample

Traveling is one of life's best adventures, but can be dangerous to your health if you are not careful. Before going on a long road trip or a journey abroad, do a little research about the environment you will be entering. Here are a few things to consider before your getaway:

How's the Water? Some areas have water that is non-potable. Parasites and bacteria can enter your body and ruin an otherwise fantastic holiday. If you are going to a country where the water supply may be questionable, make sure to find out local sources of drinkable water, or drink bottled water. If you request ice in your water, find out if the ice is also made of drinkable water.

What's bugging you? Traveling to new climes has the potential for encounters with creatures not local to you. Australia for example is home to the world's largest number of deadly spiders and snakes. West Nile and Malaria are common mosquito carried illnesses in warmer climes. If you're traveling, make sure to be aware of the dangers of creatures and diseases, the symptoms, and how to combat or treat them.

The Back-up Plan Traveler's insurance can save you a fortune. When you travel, factor in emergency medical insurance that hospitals in your chosen destination will accept. Not having medical insurance can cost hundreds or even hundreds of thousands of dollars. If you have it and wind up needing it, you will be glad that you did! Immunizations are also available ahead of time if you do a little research, or consult a physician before you travel.



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Mother's Day

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Armed Forces Day (USA)

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Victoria Day (CAN)

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Memorial Day (USA)

Sample

Skin care is important, no matter what time of year it may be. While experts warn us away from the sun, 15 minutes a day is enough to create the Vitamin D that the body needs. Beyond that, more exposure can be hazardous over the long run. During the winter, skin can become very dry, lips can chap, and it's difficult to keep up with when we're on the go. Good skin care can help prevent skin cancer and conditions, and keep skin looking young and soft even after years of damage.

A few key things to remember:

Apply lip balm and lotion before you go to bed, or after a shower. After showers, even if the skin still feels wet, it can dry out quickly.

Sunblock is extremely important during the summer months, especially in tropical climates. There are products for all skin types, and the higher the SPF rating the better. Hats are equally as important, since people may remember to put sunblock on the face, but they often forget the top of their head. Sweat can also greatly reduce the amount of time sunscreen stays on the face, so it should be applied 30 minutes before being in the sun, then re-applied often, according to the directions on the bottle.

Always remember to cleanse and exfoliate the skin properly, removing dirt and dead skin cells. Avoid using alcohol based cleansers, and take warm as opposed to hot showers. In addition, the skin is affected by your diet. Ensuring a good daily dose of fiber ensures that good health will show in the skin!



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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10	11 	12	13	14 <small>Flag Day (USA)</small>	15	16
17	18	19 	20	21	22	23
<small>Father's Day</small>			<small>First Day of Summer</small>			
24	25	26	27 	28	29	30

Sample

Repetitive Motion Injury

July 2012

One of the most common injuries is caused by repetitive motion. Things like “Tennis Elbow”, or a “Pitcher’s Arm” are good examples, showing that the same motion, over and over again, can cause just as much pain as a sudden injury can. It also takes longer, and is harder to heal, since repetitive motion injuries (RMI) are likely caused by motions made many times daily out of necessity.

You don’t have to be a sport enthusiast to suffer from Carpal Tunnel Syndrome, Tendonitis, or Bursitis. Just the daily act of using a computer and typing for hours, or doing the same thing over and over again, be it working on a factory line, or using a computer mouse or even driving for long periods can cause this type of injury.

There are a few things you can do to avoid RMI. Take breaks regularly, or if possible switch hands, allowing one to rest. Stretch muscles and tendons before beginning or during the motion in question, and exercise them often to keep the range of motion. Wear braces or tensor bandages to keep the injured part still, when not in use. Redesign your workspace to enhance your ability to use a wide range of motion. If you have the ability, switch sides. If you are primarily right-handed, try learning to use your left hand for simple tasks to give your dominant hand a break. Most importantly, develop good habits when involving yourself in repetitive motion activities. In moderate to severe cases, physical therapy, yoga, and chiropractic help to alleviate and correct the pain cause by RMI’s.



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Canada Day (CAN)

Independence Day (USA)

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Sample

Environment, atmosphere, and weather play a huge part of our mental wellness and ability to handle day to day tasks. It sounds like a simple no brainer, but for many people, they do not realize the effect of the weather and climate of an area on their personal being until they experience great change.

Heat stress can cause lethargy, irritability and slow your reactions. Fluctuating solar radiation have been shown to have an increased effect on migraines. For people susceptible to the cold, snow and low temperatures can also cause depression, slow reaction time, and in some cases, increase arthritis pain or other constant pain. Someone who suffers Seasonal Affective Disorder could have a difficult time in a place like Seattle that sees a lot of rain, or Toronto that sees several months of rain and snow, but may thrive in a warmer environment like Arizona or Florida. Seasonal allergy sufferers will have a worse time in some areas than others, based on local flora.

If you do find the seasons or the climate you live in affecting you, the most extreme way to deal with it is to move to a different, more hospitable climate. If moving isn't an option, setting up your home interior to be warm and bright is also a good way to resist the grey feelings. Vitamin D, sun-imitating light bulbs, snow sports, and taking advantage of being outdoors on the good days is by far the best way to combat the worst weather. Exercise is also important, even on rainy days. Even in the rain, a good run can go miles to keeping your spirits up. If it works for Gene Kelly as he sings and dances in the rain, it can work for everyone.



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Civic Holiday (CAN)

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Sample

Unless you are extremely lucky and healthy, you will suffer a myriad of pains, injuries and ailments in your lifetime. Knowing how to prevent, or face illness and injury is imperative. There are many places to look:

A Physician is there to help you, and will be the first person you see if something is serious. Do not be afraid to ask questions, and lots of them. They are there for a reason, and if they don't know an answer, they can find it.

Take a First Aid Course, many of which are often offered locally through the Red Cross, local hospitals, and other organizations. They are often reasonably priced, and knowing how to deal with sudden injury can be invaluable if you or someone close to you is injured.

Books are everywhere, in both solid and electronic form, in stores or at the library. All work sites and buildings should have MSDS sheets for chemicals and safety manuals, required by law to be available to you.

Family History is very important, as genes can pass on a list of ailments and issues from one generation to the next. Knowing what runs in your family, and how to recognize and combat it from an early stage is key for a long, comfortable life.

The Internet is a terrific way to start looking for advice, support, and help for illnesses, and connect with others who will have faced the same ailments and may be able to assist you.



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9	Labor Day 10	11	12	13	14	15
Grandparents Day 16 	17	Patriot Day (USA) 18	19	20	21	22 
23	Rosh Hashanah 24	25	26	27	28	29 First Day of Autumn
30 			Yom Kippur			

Massage isn't just an indulgence, it's actually very good for your body.

Relaxation is the most common goal of massage, which is great for allowing your body to de-stress and to increase blood flow to your muscles. Stress causes the body to create cortisone, a hormone designed to give you brief levels of power to deal with stress. When it remains in the system too long, it can suppress your immune system, and damage the body. A massage allows you to relax and to reduce cortisone levels, which can improve your ability to fight off diseases, and prevent stomach ulcers or weight gain.

Increased circulation from massage also helps heal muscles, and restore them after long time use. The lymphatic system, which removes waste from the body, also benefits from massage. Persons on a massage table can also find relief from muscle pain, cramps, spasms and even arthritis.

The tools of the trade can be beneficial as well. Lotions and moisturizers used to smooth the skin during a massage can tone and revitalize the skin, making it softer and heal faster. Joint flexibility can also see improvement over time with regular massage.

The most important benefit of massage is peace of mind. It helps the body to breath deeper and relax, which helps the mind to focus and be more alert. When the body and mind are free of anxiety and stress, it can heal and function better in the long run.

So remember when indulging in a massage, it's good for you!



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Columbus Day (USA)
Thanksgiving Day (CAN)

Sample

Halloween

Wine Not?

November 2012

When considering a wine to drink with dinner, consider this: wine, in moderation, can have a beneficial effect on your health. Most commonly red wine is touted for having a positive effect on the heart, though white wine also has some unique benefits.

Red Wine is high in Resveratrol, an anti-oxidant that combats heart disease, cancer, diabetes, and other illnesses. It also helps to repair cell damage made by byproducts in the body, prohibits “bad” cholesterol from staying and building up in the arteries, and can prevent DNA mutations that cause cancer. The high concentration of Resveratrol is from the skins of grapes in the wine-making process.

White Wine has many similar effects as Red Wine, but also has the added bonuses of anti-aging, fighting free radicals and improved lung function. Certain wines from Italy, France and Germany are especially high in tyrosol and hydroxytyrosol, which are also anti-oxidants.

If you cannot drink alcohol by choice or by condition, grape juice is a good second option. While the fermenting process brings out the resveratrol in wine, it is still contained within grapes. You may just have to drink more grape juice and eat more grapes to get the same effect. There are also vitamin supplements that can be taken though they may not be up to taste.



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Daylight Savings Time End

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Veteran's Day (USA)
Remembrance Day (CAN)

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Thanksgiving Day (USA)

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“Dress warm, or you’ll catch a cold!”

Who hasn’t heard that or said that at some point in their life. The truth of the matter is that you do not catch a cold from being outside in the cold. Being out in freezing temperatures can have an effect on someone already cultivating or suffering from Rhinovirus, but it is unlikely a few moments spent in cold weather will magically strike you down with a virus, or even the flu. In fact, the virus proliferates between 33–35 °C or 91.4 - 95°F – close to the average temperature of the human body at 36.1°C or 97 °F.

To really prevent the cold and flu viruses from spreading, most people know the basics of coughing into your sleeve, or covering your mouth with a tissue when you sneeze. We know to clean bathrooms and kitchens with disinfectants and wash clothing or sheets during recovery but there are a lot of little things that people miss, or take for granted, that also need to be noticed and disinfected:

Light switches, currency, doorknobs and even car door latches can be places for lurking germs. Brief case handles and purses are also likely suspects, as well as the bottom surface of both. (As a side note; purses, briefcases, laptop bags and handbags should not be left on the floor, as they can pick up whatever contaminants have been tracked in on someone’s shoes.)

Knowing what to clean, and what surfaces to avoid can go a long way to keeping you healthy, even in the cold!



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Hanukkah	17	18	19	20 	21	22	
23	Christmas Eve 24	25	26	27	First Day of Winter 28 	29	
30	31 New Year's Eve	Christmas Day	Boxing Day (CAN)				

Complimentary Care

Not all doctors are the same, and no wellness professional is an island, but often different types of treatment can work toward the same goals.

Chiropractors work on your spine, which can be affected by stress and tension. A Massage Therapist in combination with a Chiropractor can help and compliment the work by keeping your muscles relaxed, helping to prevent injury to your back. Feet are the foundation for the body, and can affect the rest of the body. An Orthopedic specialist's work can apply in conjunction with the chiropractor as well.

A Naturopathic Doctor's work involves exercise and proper nutrition along with herbal remedies and natural foods and minerals to help the body in place of drugs. A Nutritionist can also help you along that path, guiding your entire diet to a healthier lifestyle. A professional Physical Trainer will tell you that a healthy diet is as key to losing weight as your trips to the gym, as they show you how to move your body to prevent injury and burn calories.

And we all know that preventing bodily injury, along with reducing your chances of heart disease, cancer, obesity and other weight related issues would make your family Physician very happy. Especially so if it meant you were active, with an increased immune system, metabolism, and muscle activity.

There is no limit to the number of wellness professionals out there that specialize in one area or another, but each area affects the entire body, in some form or another. In the end, they are all working toward a single goal – your health and well being.

“There's a need for accepting responsibility - for a person's life and making choices that are not just ones for immediate short-term comfort. You need to make an investment, and the investment is in health and education.”

~Buzz Aldrin



Your BMI

Your BMI (body mass index), is a good indicator of risks to your health. Use the chart at right to find your BMI, just look up your height and weight and the number in the box is your BMI.

The BMI range of 19 to 24.9 is considered healthy. Numbers above this can result in a higher risk of heart disease, strokes, high blood pressure, type 2 diabetes and other wellness issues.

Below 19	Underweight
19 to 24.9	Healthy
25 to 29.9	Overweight
30 to 34.9	Obesity
35 to 39.9	Severe Obesity
40 and over	Morbid Obesity

Height (ft. & in.)	Weight (lbs.)															
	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270
4' 10"	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2	54.3	56.4
5' 0"	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8	50.8	52.7
5' 2"	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7	47.5	49.4
5' 4"	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9	44.6	46.3
5' 6"	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3	42.0	43.6
5' 8"	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0	39.5	41.0
5' 10"	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9	37.3	38.7
6' 0"	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9	35.3	36.6
6' 2"	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1	33.4	34.7
6' 4"	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4	31.6	32.9

Metric: To convert lbs. to kg., divide by 2.2/ To convert inches to centimeters multiply by 2.54

Notes:

Sample

2013

January

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24	25	26	27	28		

March

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17	18	19	20	21	22	23
24 ₃₁	25	26	27	28	29	30

April

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28	29	30				

May

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23 ₃₀	24	25	26	27	28	29

July

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

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	

September

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					

October

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		

November

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

December

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				