

JANUARY WEEK ONE

MAKE 2018 A “WIN, WIN!”

Eliminate fake foods and synthetics.

Find some fun activity ... then DO IT!

Don't sweat the small stuff ...
HINT: it's all small stuff!

Stay away from dumb diets.

Return to the family table.

Don't eat so darn much!





Health/Notes

JANUARY WEEK TWO

Wintry Workout

1. **There is no bad weather** ... only bad clothing, so layer up on the legs, trunk, and especially the head
2. **Walking in the snow** burns MORE calories
3. **Drink water**, dehydration is actually worse in this weather
4. **Do indoor stuff** like basketball, dance, swim, bowling
5. **Skiing** ... gives you an awesome leg workout
6. **Snow shoveling** is a good upper body and arm workout





Health/Notes

JANUARY WEEK THREE

Don't get S.A.D. (Seasonal Affective Disorder)

S.A.D. is absolutely normal: low light levels can affect anyone's emotional state.

Move.

Moving is the best way to shake S.A.D.

Sit in the light.

Even weak tepid sunshine helps.

Find the good.

Focus on the positive, and the things you are grateful for.

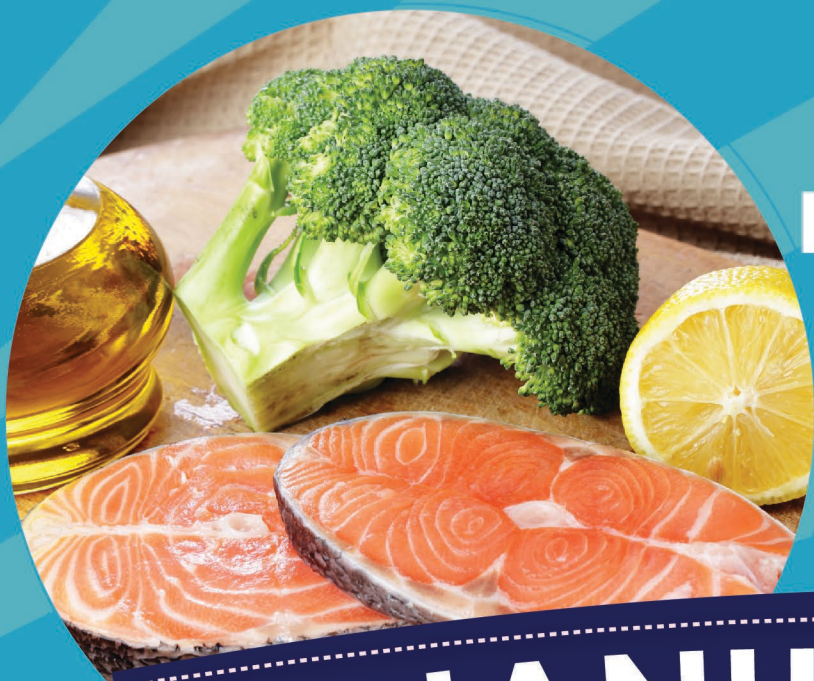
Don't "cave" like a bear.

Isolation is a bad thing for S.A.D. Get out and do something with your peeps.



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Health/Notes

JANUARY

WEEK FOUR

Your best Winter D-FENCE

Normally vitamin D comes from the sun. But winter sun is too wimpy! So make sure you include the foods below to get your vitamin D!

1. Fish, Fish, Fish, Fish, Fish
2. Soy Stuff
3. Dairy Everything
4. Liver (Ewww!)
5. Eggs
6. Shrimp
7. Shitake Mushrooms



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