



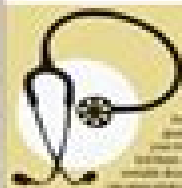
YOUR WELLNESS CALENDAR

Get vaccinated and tested, increase your sunshine intake, start meditating—adopt one task each month to stay fit

By Kristin Brown

In the spirit of the new year, resolutions are made—and then, like so many resolutions, they don't last. So how to stay on track? We have you covered with a monthly checklist. "Get healthy" often is a common goal for new resolutions, but your body's health is an ongoing process. Stay on top of it all year long with these monthly wellness tasks. We'll provide you with a checklist for each month, so you can stay on top of your health and wellness goals.

Visit www.foxnews.com/health for more information.



JAN

Get serious about preventative health

Preventative health care is the best way to stay healthy. "The best way to prevent disease is to get regular checkups," says Dr. Michael Smith, MD, a board-certified family physician. "You can catch a lot of problems early, before they become serious. It's important to get regular checkups, especially if you have a family history of a disease." Get a physical exam, blood work, and a colonoscopy.

Work for a healthy heart

It's the month of love, so give your heart a little love. "Heart health is the most important aspect of overall health," says Dr. Michael Smith, MD. "A healthy heart is the foundation of a healthy body. It's important to get regular checkups, especially if you have a family history of a disease." Get a physical exam, blood work, and a colonoscopy.



FEB

Start meditating

Start a meditation practice. "Meditation is a powerful tool for improving mental health and reducing stress," says Dr. Michael Smith, MD. "It's important to get regular checkups, especially if you have a family history of a disease." Get a physical exam, blood work, and a colonoscopy.



MAR

Take a hard look at your fat intake

Take a hard look at your fat intake. "Fat is an important part of a healthy diet, but it's important to get regular checkups, especially if you have a family history of a disease." Get a physical exam, blood work, and a colonoscopy.



APR



MAY

Enjoy an old hobby

Enjoy an old hobby. "Hobbies are a great way to stay healthy and reduce stress," says Dr. Michael Smith, MD. "It's important to get regular checkups, especially if you have a family history of a disease." Get a physical exam, blood work, and a colonoscopy.



JUN

Get a pet

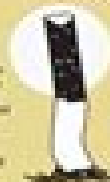
Get a pet. "Pets are a great way to stay healthy and reduce stress," says Dr. Michael Smith, MD. "It's important to get regular checkups, especially if you have a family history of a disease." Get a physical exam, blood work, and a colonoscopy.



JUL

Do financial planning

Do financial planning. "Financial planning is a powerful tool for improving financial health and reducing stress," says Dr. Michael Smith, MD. "It's important to get regular checkups, especially if you have a family history of a disease." Get a physical exam, blood work, and a colonoscopy.



AUG

Give up your vice

Give up your vice. "Giving up a vice is a powerful tool for improving health and reducing stress," says Dr. Michael Smith, MD. "It's important to get regular checkups, especially if you have a family history of a disease." Get a physical exam, blood work, and a colonoscopy.



SEP

Add sunshine to your life

Add sunshine to your life. "Sunshine is a powerful tool for improving health and reducing stress," says Dr. Michael Smith, MD. "It's important to get regular checkups, especially if you have a family history of a disease." Get a physical exam, blood work, and a colonoscopy.

Begin a strenuous workout

Begin a strenuous workout. "Strenuous workouts are a powerful tool for improving health and reducing stress," says Dr. Michael Smith, MD. "It's important to get regular checkups, especially if you have a family history of a disease." Get a physical exam, blood work, and a colonoscopy.



OCT

Sharpen your brain

Sharpen your brain. "Sharpening your brain is a powerful tool for improving health and reducing stress," says Dr. Michael Smith, MD. "It's important to get regular checkups, especially if you have a family history of a disease." Get a physical exam, blood work, and a colonoscopy.



NOV

Unclutter your life

Unclutter your life. "Uncluttering your life is a powerful tool for improving health and reducing stress," says Dr. Michael Smith, MD. "It's important to get regular checkups, especially if you have a family history of a disease." Get a physical exam, blood work, and a colonoscopy.



DEC

Health Monthly Themes 2014

Ying Liu



Health Monthly Themes 2014:

Health Monthly Themes 2014 Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Health Monthly Themes 2014**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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