



# YOUR WELLNESS CALENDAR

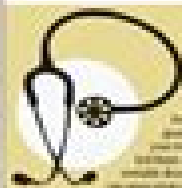
Get vaccinated and tested, increase your sunshine intake, start meditating—adopt one task each month to stay fit

By Kristin Brown

**I**n 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 all of these tasks, and you'll be well on your way to staying healthy and happy.

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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. David Blum, MD, a board-certified family physician. "You should get a physical exam every year, and get your blood pressure, cholesterol, and blood sugar checked. If you have any of these conditions, you should get treated early. It's better to catch a problem early than to wait until it's too late." —Dr. David Blum, MD

FEB

## Work for a healthy heart



Heart disease is the leading cause of death in the United States. "The best way to prevent heart disease is to get regular exercise," says Dr. David Blum, MD, a board-certified family physician. "You should get at least 150 minutes of moderate exercise each week. This can be done in many ways, such as walking, jogging, swimming, or cycling. It's important to get your heart rate up and stay there for at least 10 minutes." —Dr. David Blum, MD

MAR

## Start meditating



Meditation is a practice that can help you reduce stress, improve your focus, and increase your overall well-being. "The best way to start meditating is to find a quiet place and sit for a few minutes each day," says Dr. David Blum, MD, a board-certified family physician. "You can use a meditation app or a guided meditation CD to help you get started. It's important to be consistent and to not let your mind wander." —Dr. David Blum, MD

APR

## Take a hard look at your fat intake



Excess fat intake is a major contributor to heart disease and other chronic conditions. "The best way to reduce fat intake is to eat a diet that is high in fruits, vegetables, and whole grains," says Dr. David Blum, MD, a board-certified family physician. "You should also limit your intake of saturated and trans fats. It's important to read food labels and to choose products that are low in fat." —Dr. David Blum, MD

MAY



## Enjoy an old hobby

Engaging in a hobby can help you reduce stress, improve your mood, and increase your overall well-being. "The best way to enjoy a hobby is to find one that you enjoy and to do it regularly," says Dr. David Blum, MD, a board-certified family physician. "You can choose from many different hobbies, such as gardening, painting, or reading. It's important to find a hobby that you enjoy and to do it regularly." —Dr. David Blum, MD

JUN



## Get a pet

Having a pet can help you reduce stress, improve your mood, and increase your overall well-being. "The best way to get a pet is to find one that you like and to take care of it properly," says Dr. David Blum, MD, a board-certified family physician. "You should also consider the needs of the pet and make sure you have the time and space to care for it. It's important to find a pet that you like and to take care of it properly." —Dr. David Blum, MD

JUL

## Do financial planning



Financial planning is a process that can help you manage your money and achieve your financial goals. "The best way to do financial planning is to find a professional planner," says Dr. David Blum, MD, a board-certified family physician. "You should also consider your own needs and goals and make sure you have the time and space to do it. It's important to find a planner that you like and to work with them regularly." —Dr. David Blum, MD

AUG

## Give up your vice



Quitting a bad habit can help you improve your health and increase your overall well-being. "The best way to quit a bad habit is to find a support group and to stay motivated," says Dr. David Blum, MD, a board-certified family physician. "You should also consider the reasons you have the habit and make sure you have the time and space to quit. It's important to find a support group that you like and to stay motivated." —Dr. David Blum, MD

SEP

## Add sunshine to your life



Getting enough sunshine can help you improve your mood, increase your vitamin D levels, and increase your overall well-being. "The best way to get enough sunshine is to spend time outdoors each day," says Dr. David Blum, MD, a board-certified family physician. "You should also consider the time of day and the weather when you go outside. It's important to find a way to get enough sunshine that works for you." —Dr. David Blum, MD

OCT

## Begin a strenuous workout



Starting a new workout routine can help you improve your fitness, increase your energy, and increase your overall well-being. "The best way to start a new workout routine is to find one that you like and to do it regularly," says Dr. David Blum, MD, a board-certified family physician. "You should also consider your own needs and goals and make sure you have the time and space to do it. It's important to find a workout routine that you like and to do it regularly." —Dr. David Blum, MD

NOV

## Sharpen your brain



Sharpening your brain can help you improve your memory, increase your focus, and increase your overall well-being. "The best way to sharpen your brain is to engage in activities that challenge your mind," says Dr. David Blum, MD, a board-certified family physician. "You should also consider the time of day and the type of activities you engage in. It's important to find activities that you like and to engage in them regularly." —Dr. David Blum, MD

DEC

## Unclutter your life



Uncluttering your life can help you reduce stress, improve your mood, and increase your overall well-being. "The best way to unclutter your life is to find a way to get rid of things that you don't need," says Dr. David Blum, MD, a board-certified family physician. "You should also consider the time of day and the type of things you get rid of. It's important to find a way to unclutter your life that works for you." —Dr. David Blum, MD

# Health Monthly Themes 2014

**Annelies Wilder-Smith**



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web aashto soil classification gravel material passing 75 mm 3 in square sieve and retained on the 2 00 mm no 10 sieve coarse sand material passing the 2 00 mm no 10 sieve and retained on the 0 425 mm no 40 sieve fine sand material passing the 0 425 mm no 40 sieve and retained on

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web june 21st 2018 2018 soil classification and compaction proficiency samples 177 according to the aashto or the data sheet shrinkage factors of soils by the fdot laboratory data sheet june 12th 2018 sieve sheet soil aashto soil c soil cc soil classification requires a pl a ll fdot laboratory data sheet subject xml

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web apr 14 2020 spreadsheet for soil classification hi everyone i am looking for excel spreadsheet for the automatic uscs

and aashto soil classification google returned couple of files but they simply are the forms to fill manually what i am looking for is the output of soil classification after i enter the lab results thanks guys and stay safe 5

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web 2018 soil classification and compaction proficiency samples 177 and 178 instructions for testing and reporting closing date april 19th 2018 all tests should be conducted on each of the two samples according to the aashto or astm methods indicated report the results of a single determination only not the average of two or more

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web only for first few users methods of classification discussed here are unified soil classification system and aashto index properties like grain shape distribution consistency and plasticity index help us classify soils the 4 major groups in unified soil classification system are coarse grained fine grained organic and peat

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web jun 7 2016 this is a form designed for calculating soil classification and group index aashto m 145 there is a tab at the bottom of the form for plotting your flow line soil classification and group index spreadsheet soil testing engineering eng tips

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web the aashto classification system was created in 1928 and is one of the first engineering classification systems the system was developed for use in highway construction and rates soils for their suitability for support of roadway pavements soil material under the aashto system only includes soils which pass the 3 inch sieve

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web aashto soil classification a soil classification is a system of different soils based on their application in groups and subgroups or with properties similar to their potential engineering behavior the classification of soil for engineering purposes should be based primarily on mechanical properties permeability hardness

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