



# YOUR WELLNESS CALENDAR

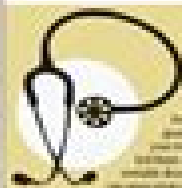
Get vaccinated and tested, increase your sunshine intake, start meditating—adopt one task each month to stay fit

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 each month, and you'll be on your way to a healthier, happier you.

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JAN



## Get serious about preventative health

Preventative health care is the key to staying 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."

FEB

## Work for a healthy heart



A healthy heart is the key to a healthy life. "The best way to keep your heart healthy is to exercise regularly," 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."

MAR

## Start meditating



Meditation is a powerful tool for improving your health. "The best way to start meditating is to find a quiet place and sit down," 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."

APR

## Take a hard look at your fat intake



Healthy fats are essential for your health. "The best way to get healthy fats is to eat a variety of foods," 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."

MAY



## Enjoy an old hobby

Enjoying your hobbies is a great way to stay healthy. "The best way to enjoy your hobbies is to find time for them," 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."

JUN

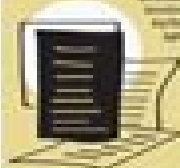


## Get a pet

Getting a pet is a great way to stay healthy. "The best way to get a pet is to find a pet that you like," 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."

JUL

## Do financial planning



Financial planning is a key part of staying healthy. "The best way to do financial planning is to find a financial planner," 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."

AUG

## Give up your vice



Giving up your vice is a great way to stay healthy. "The best way to give up your vice is to find a support group," 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."

SEP

## Add sunshine to your life



Adding sunshine to your life is a great way to stay healthy. "The best way to add sunshine to your life is to spend time outdoors," 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."

OCT

## Begin a strenuous workout



Beginning a strenuous workout is a great way to stay healthy. "The best way to begin a strenuous workout is to find a workout partner," 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."

NOV

## Sharpen your brain



Sharpening your brain is a great way to stay healthy. "The best way to sharpen your brain is to do puzzles," 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."

DEC

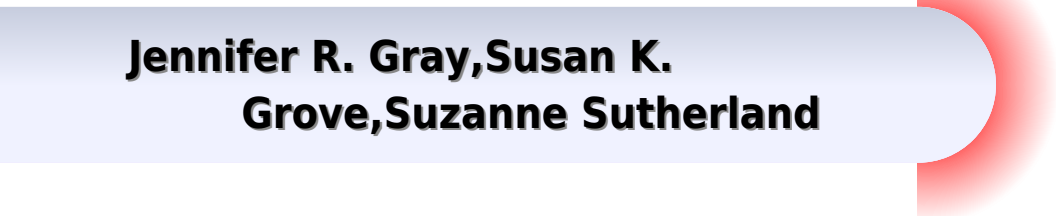
## Unclutter your life



Uncluttering your life is a great way to stay healthy. "The best way to unclutter your life is to get rid of things you don't need," 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."

# Health Monthly Themes 2014

**Jennifer R. Gray, Susan K.  
Grove, Suzanne Sutherland**



## Health Monthly Themes 2014:

*Health, United States, ... in Brief*, **Health, United States**, 2015 *The Oxford Handbook of Work and Family*  
Tammy D. Allen, Lillian T. Eby, 2016-05-17 The Oxford Handbook of Work and Family examines contemporary work family issues from a variety of important viewpoints By thoroughly examining where the field has been and where it is heading this important volume offers razor sharp reviews of long standing topics and fresh ideas to move work family research and practice in new and necessary directions In providing comprehensive interdisciplinary cross cultural and cross national perspectives Tammy D Allen and Lillian T Eby have assembled a world class team of scholars and practitioners to offer readers cutting edge information on this rapidly growing area of scientific inquiry The Handbook also includes reviews of historically under studied groups and highlights the important role that technology plays in shaping the work family interface the potential contribution of neuroscience to better understanding work family issues the ways in which work family scholarship and practice can be enhanced through theoretical perspectives and the use of social media to translate important research findings to the public The Oxford Handbook of Work and Family is a roadmap for moving work family scholarship forward while also providing rich descriptive accounts of how major organizations have been able to turn research findings into effective evidence based policies and practices to help adults better manage both work and family responsibilities

*Laws of the State of Illinois Enacted by the ... General Assembly at the Extra Session ...* Illinois, 2014 **Disha 21**  
**Chapter-wise & Topic-wise Karnataka CET Biology Previous Year Solved Papers (2025 - 2005) & Synopsis 3rd Edition | KCET PYQs Question Bank | 2026 B. Pharma & B.Sc.**, Disha 21 Chapter wise Topic wise Karnataka CET Biology Previous Year Solved Papers 2025 2005 is the most updated Solved Paper Book for KCET which is divided chapter wise Topic wise as per latest syllabus Karnataka state textbook A total of 1100 MCQs are distributed into 32 Chapters 130 Topics Solutions to 100% Questions are provided immediately at the end of each chapter The book contains Chapter wise Synopsis Past 5 Years Papers Trend Analysis The book is a must for 2026 B Pharma B Sc Exams [The Encyclopedia of Adulthood and Aging](#), 3 Volume Set Susan K. Whitbourne, 2016-01-19 This authoritative reference work contains more than 300 entries covering all aspects of the multi disciplinary field of adult development and aging Brings together concise accurate summaries of classic topics as well as the most recent thinking and research in new areas Covers a broad range of issues from biological and physiological changes in the body to changes in cognition personality and social roles to applied areas such as psychotherapy long term care and end of life issues Includes contributions from major researchers in the academic and clinical realms 3 Volumes [www.encyclopediaadulthoodandaging.com](http://www.encyclopediaadulthoodandaging.com) [Public Health and Welfare: Concepts, Methodologies, Tools, and Applications](#) Management Association, Information Resources, 2016-09-12 The prevention and treatment of diseases is a primary concern for any nation in modern society To maintain an effective public health system procedures and infrastructure must be analyzed and enhanced accordingly Public Health and Welfare Concepts

Methodologies Tools and Applications provides a comprehensive overview of the latest research perspectives on public health initiatives and promotion efforts Highlighting critical analyses and emerging innovations on an international scale this book is a pivotal reference source for professionals researchers academics practitioners and students interested in the improvement of public health infrastructures

**Health Promotion Throughout the Life Span - E-Book** Carole Lium Edelman,Elizabeth Connelly Kudzma,2021-10-20 Selected for Doody s Core Titles 2024 with Essential Purchase designation in Patient Education Master health promotion for all ages and population groups Health Promotion Throughout the Life Span 10th Edition provides comprehensive coverage of leading health promotion concepts from assessment to interventions to application Its lifespan approach addresses patients unique needs with case studies and care plans presented within an assessment framework based on Gordon s Functional Health Patterns Addressing each age and stage of development this market leading text covers the latest research and trends in health promotion and disease prevention for diverse population groups Coverage of growth and development addresses health promotion concepts for each age and each stage of development through the lifespan Case studies present realistic situations with questions that challenge you to apply key concepts to further develop clinical judgment Think About It clinical scenarios at the beginning of each chapter include questions to encourage clinical judgment Research for Evidence Based Practice boxes summarize current health promotion studies showing the links between research theory and practice Hot Topics boxes introduce significant issues trends and controversies in health promotion Separate chapters on population groups the individual family and community highlight the unique aspects of assessment and health promotion for each group Quality and Safety Scenario boxes focus on QSEN related competencies with examples of health promotion Innovative Practice boxes outline unique and creative health promotion programs and projects currently being implemented Health and Social Determinants Health Equity boxes address cultural perspectives relating to planning care NEW Greater emphasis on health equity highlights the need to make health promotion accessible to all NEW Increased focus on diversity and inclusion better reflects the communities being served NEW Veteran s health content is incorporated throughout as appropriate NEW Discussions of Healthy People 2030 initiatives and objectives address national health issues and priorities NEW Updated diagnosis terminology includes ICNP diagnoses or patient problems NEW Affordable Care Act references are more general to reflect changing politics

*Transforming Healthcare* Jennifer L. Hefner,Mona Al-Amin,Timothy R. Huerta,2020-10-26 Shedding light on current transformations in payment mechanisms and transparency of hospital performance data and prices this volume of *Advances in Health Care Management* presents findings on hospital profitability cost and organizational structures

**Burns and Grove's The Practice of Nursing Research - E-Book** Jennifer R. Gray,Susan K. Grove,Suzanne Sutherland,2016-08-10 NEW Mixed Methods Research chapter and emphasis covers this increasingly popular approach to research NEW Expanded emphasis on qualitative research provides more balanced coverage of qualitative and quantitative methods addressing the qualitative

research methodologies that are often the starting point of research projects particularly in magnet hospitals and DNP programs ENHANCED emphasis on evidence based practice addresses this key graduate level QSEN competency UPDATED emphasis on the most currently used research methodologies focuses on the methods used in both quantitative research and qualitative research as well as outcomes research and mixed methods research NEW Quick reference summaries are located inside the book s covers including a table of research methods on the inside front cover and a list of types of research syntheses with definitions inside the back cover NEW student resources on the Evolve companion website include 400 interactive review questions along with a library of 10 Elsevier research articles NEW Colorful design highlights key information such as tables and research examples      Topic-Driven Environmental Rhetoric Derek G. Ross,2017-02-24 The chapters in this collection address four overarching areas of common topics in technical communication and environmental rhetoric framing place risk and uncertainty and sustainability      **Handbook of Environmental Psychology and Quality of Life Research** Ghazlane Fleury-Bahi,Enric Pol,Oscar Navarro,2016-08-12 This Handbook presents a broad overview of the current research carried out in environmental psychology which puts into perspective quality of life and relationships with living spaces and shows how this original analytical framework can be used to understand different environmental and societal issues Adopting an original approach this Handbook focuses on the links with other specialties in psychology especially social and health psychology together with other disciplines such as geography architecture sociology anthropology urbanism and engineering Faced with the problems of society which involve the quality of life of individuals and communities it is fundamental to consider the relationships an individual has with his different living spaces This issue of the links between quality of life and environment is becoming increasingly significant with at a local level problems resulting from different types of annoyances such as pollution and noise while at a global level there is the central question of climate change with its harmful consequences for humans and the planet How can the impact on well being of environmental nuisances and threats for example natural risks pollution and noise be reduced How can the quality of life within daily living spaces home cities work environments be improved Why is it important to understand the psychological issues of our relationship with the global environment climatic warming ecological behaviours This Handbook is intended not only for students of various disciplines geography architecture psychology town planning etc but also for social decision makers and players who will find in it both theoretical and methodological perspectives so that psychological and environmental dimensions can be better taken into account in their working practices      *Web Services - ICWS 2019* John Miller,Eleni Stroulia,Kisung Lee,Liang-Jie Zhang,2019-06-18 This volume constitutes the proceedings of the 26th International Conference on Web Services ICWS 2019 held as part of SCF 2019 in San Diego CA USA in June 2019 The 11 full papers together with 1 short paper published in this volume were carefully reviewed and selected from 31 submissions ICWS has been a prime international forum for both researchers and industry practitioners to exchange the latest fundamental

advances in the state of the art and practice of Web based services to identify emerging research topics and to define the future of Web based services Topics include Internet services modeling discovery composition testing adaptation delivery as well as standards

*Routledge International Handbook of Women's Sexual and Reproductive Health* Jane M. Ussher, Joan C. Chrisler, Janette Perz, 2019-09-23 The Routledge International Handbook of Women's Sexual and Reproductive Health is the authoritative reference work on important leading edge developments in the domains of women's sexual and reproductive health The handbook adopts a life cycle approach to examine key milestones and events in women's sexual and reproductive health Contributors drawn from a range of disciplines including psychology medicine nursing and midwifery sociology public health women's studies and indigenous studies explore issues through three main lenses the biopsychosocial model feminist perspectives international multidisciplinary perspectives that acknowledge the intersection of identities in women's lives The handbook presents an authoritative review of the field with a focus on state of the art work encouraging future research and policy development in women's sexual and reproductive health Finally the handbook will inform health care providers about the latest research and clinical developments including women's experiences of both normal and abnormal sexual and reproductive functions Drawing upon international expertise from leading academics and clinicians in the field this is essential reading for scholars and students interested in women's reproductive health

*Health in Humanitarian Emergencies* David Townes, 2018-05-31 The fields of Global Health and Global Emergency Response have attracted increased interest and study There has been tremendous growth in the educational opportunities around humanitarian emergencies however educational resources have not yet followed the same growth This book corrects this trend offering a comprehensive single resource dedicated to health in humanitarian emergencies Providing an introduction to the public health principles of response to humanitarian emergencies the text also emphasizes the need to coordinate the public health and emergency clinical response within the architecture of the greater response effort With contributing authors among some of the world's leading health experts and policy influencers in the field the content is based on best practices peer reviewed evidence and expert consensus The text acts as a resource for clinical and public health practitioners graduate level students and individuals working in response to humanitarian emergencies for government agencies international agencies and NGOs

*Midlife* Sanjukta Das, Nabamita Chakraborty, 2024-12-11 This book is a rare and intriguing account of the midlife experience from a multidisciplinary perspective It represents an insightful construal of midlife from the disciplines of philosophy psychology neuroscience literature sociology and the fine arts This volume provides an in depth understanding of the middle phase of human lives which is the transitional phase at which a crucial transformation happens in the perspective towards life society and the world at large It encompasses multiple methodological perspectives including empirical studies descriptive and interpretative narratives text analyses and revisiting existing literature Since it addresses the issues of midlife from a multidisciplinary perspective it would enable a wide variety of readers to connect with it This book would be

useful to the students researchers and teachers of psychology philosophy neuroscience literature sociology social work film studies and the fine arts It would also be an invaluable companion to professionals working in the field of Counselling Gerontology Health and Social care and NGOs

**All-in-One Nursing Care Planning Resource - E-Book** Pamela L. Swearingen, Jacqueline Wright, 2019-01-14 NEW UNIQUE Interprofessional patient problems focus familiarizes you with how to speak to patients and other medical colleagues in the consistent interprofessional language of patient problems rather than the nursing specific language of nursing diagnosis NEW Care plans helps you to support the lesbian gay bisexual transgender queer questioning or intersex patient NEW Updated content throughout reflects the latest evidence based treatment guidelines and national and international clinical practice guidelines

**Indigenous Health Equity and Wellness** Catherine E. McKinley, Michael S. Spencer, Karina Walters, Charles R. Figley, 2022-02-27 This book focuses on promoting health equity and addressing health disparities among Indigenous peoples of the United States U S and associated Territories in the Pacific Islands and Caribbean It provides an overview of the current state of health equity across social physical and mental health domains to provide a preliminary understanding of the state of Indigenous health equity Part 1 of the book traces the promotive protective and risk factors related to Indigenous health equity Part 2 reports promising pathways to achieving and transcending health equity through the description of interventions that address and promote wellness related to key outcomes The chapters in this book were originally published as a special issue of the Journal of Ethnic Cultural Diversity in Social Work

**Communities in Action** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-03-27 In the United States some populations suffer from far greater disparities in health than others Those disparities are caused not only by fundamental differences in health status across segments of the population but also because of inequities in factors that impact health status so called determinants of health Only part of an individual s health status depends on his or her behavior and choice community wide problems like poverty unemployment poor education inadequate housing poor public transportation interpersonal violence and decaying neighborhoods also contribute to health inequities as well as the historic and ongoing interplay of structures policies and norms that shape lives When these factors are not optimal in a community it does not mean they are intractable such inequities can be mitigated by social policies that can shape health in powerful ways Communities in Action Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States This report focuses on what communities can do to promote health equity what actions are needed by the many and varied stakeholders that are part of communities or support them as well as the root causes and structural barriers that need to be overcome

**Mayes' Midwifery - E-Book** Sue Macdonald, Gail Johnson, 2023-05-23 Mayes Midwifery is a core text for students in the UK known and loved for its in depth approach and its close alignment with curricula and practice in this country The sixteenth edition

has been fully updated by leading midwifery educators Sue Macdonald and Gail Johnson and input from several new expert contributors ensures this book remains at the cutting edge The text covers all the main aspects of midwifery in detail including the various stages of pregnancy possible complexities around childbirth and psychological and social considerations related to women s health It provides the most recent evidence along with detailed anatomy and physiology information and how these translate into practice Packed full of case studies reflective activities and images and accompanied by an ancillary website with 600 multiple choice questions and downloadable images Mayes Midwifery makes learning easy for nursing students entering the profession as well as midwives returning to practice and qualified midwives working in different settings in the UK and overseas Expert contributors include midwifery academics and clinicians researchers physiotherapists neonatal nurse specialists social scientists and legal experts Learning outcomes and key points to support structured study Reflective activities to apply theory to practice Figures tables and breakout boxes help navigation and revision Associated online resources with over 600 MCQs reflective activities case studies downloadable image bank to help with essay and assignment preparation Further reading to deepen knowledge and understanding New chapters addressing the issues around being a student midwife and entering the profession More detail about FGM and its legal implications as well as transgender binary individuals in pregnancy and childbirth New information on infection and control following from the COVID 19 pandemic Enhanced artwork program



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