

Food and Mood

Are you finding it hard to stay motivated and on track with healthy eating as the year comes to a close? Whether your good intentions were hijacked by the holidays, the colder weather, or shorter days—focus on the foods and habits that keep you energized and feeling your best. Choose what fuels you and let go of what doesn't.

Challenges

Bring your lunch to work

Try a new recipe

Snack on fresh fruits and vegetables

December

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		