



Monthly Calendar Themes

Month	Sample Theme	Fitness & Nutrition Focus
<u>January</u>	Take Charge of Your Health!	Get Movin'!
<u>February</u>	Secondary Conditions	Creative Ways to be More Active
<u>March</u>	Access to Healthcare	Vegetables
<u>April</u>	Dental Health	Calcium Intake
<u>May</u>	Women's/Men's Health	Dietary Fiber
<u>June</u>	Mind, Body, & Soul	Fluids
<u>July</u>	Tobacco and Smoking	Active Leisure Time
<u>August</u>	Family Support	Flexibility
<u>September</u>	Overweight and Obesity	Reducing Sedentary Activity
<u>October</u>	Violence Prevention	Strength Training
<u>November</u>	Happiness Is...	Fruits
<u>December</u>	Healthy Relationships	Limiting Fats and Sweets