

# DECEMBER 2019

## Consider Your Overall Health Month

While not a national observance, your health is critical and worth thinking about as we usher in a new year. The holidays are one of the best times for eating delicious foods with the family, but, by the end of the season, it's common to feel out of shape and unhealthy. With the end of the year fast approaching, it's important to think about your health for 2019—what are you going to do to be a healthier, better you this year? Here are some things to consider:

- **Start the year off right with a trip to your doctor.** Scheduling an annual wellness visit can help you keep track of routine measurements, like height, weight and blood pressure, but can also help detect changes in them and identify any risks you may have for chronic diseases.
- **Exercise regularly.** Don't be intimidated to join a gym—gym memberships offer access to plenty of equipment for you to use. If you don't have access to a gym, going for a walk for 30 minutes a day is a good cardio workout. You don't have to do it alone either—try getting a walking group together!
- **Incorporate more healthy foods into your diet.** It can be difficult to go head-first into new eating habits, but slowly incorporating fruits, vegetables, grains and healthy meats like fish and chicken into your diet will help you maintain a healthy weight.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Safe Toys and Celebrations Month</a>						
1 TAKE ACTION Week 1	2	3	4	5	6	7
8 TAKE ACTION Week 2	9	10	11	12	13	14
15 TAKE ACTION Week 3	16	17	18	19	20	21
22 TAKE ACTION Week 4	23	24 Christmas Eve	25 Christmas Day	26	27	28
29 TAKE ACTION Week 5	30	31 New Year's Eve				

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