

November 2014

Warrior Care/Family Caregivers Month

Each November, we celebrate and honor the men and women of the military for their dedicated service to our country. It's also important to honor those who care for and support our nation's warriors.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

26	27	28	29	30	31	1 THE FED UP CHALLENGE  Ready to ditch sugar for good? Take the 10-day sugar free challenge! fedupmovie.com
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2 Stay healthy with diabetes through physical Activity!



3 More money with sleep - it's true - studies show if you consistently get 1 more hour of sleep it's associated with 16% increase in salary.



4 1.9 million adults in the United States are diagnosed with diabetes every year. Learn how diabetes apps can help you get a handle on this chronic condition.



www.healthline.com/health-slideshow/top-iphone-android-apps-diabetes

5 Whether you have type 1 or type 2 diabetes, take medications, or are controlling it through diet and exercise, you may need some extra help. These 18 blogs are great sources for the latest research and for finding friends who understand life with diabetes.

www.healthline.com/health/type-2-diabetes

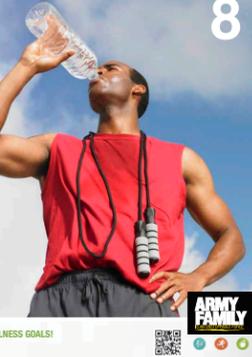
Family matters. Enjoy a healthy dinner together three times this week.



7 Helping You Achieve Your Nutrition Goals... Army Wellness Centers

If you want to maximize your physical fitness, use the nutrition plan services at your local Army Wellness Center (AWC). Contact your local AWC for a no-cost health assessment.

www.armymedicine.mil

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9 MY MILITARY LIFE. Access apps that help military spouses navigate the many adventures of military life.



www.operationwearhere.com/apps.html

10 Caregivers can benefit from stress reduction with Activity.



11 VETERANS DAY
HONORING ALL WHO SERVED



Sleep reinforces learning: Children's brains transform subconsciously learned material into active knowledge



13 Irritable? Distracted? Feeling stressed?

Establish a bedtime routine and sleep! You are guaranteed to feel better!



14 Arrest sleep thieves. Establish a bedtime routine and get a good night's sleep - do some deep breathing every night before turning in



Settle your mind before bedtime

15 relax, meditate, pray or deep breathe, write things down that are on your mind Now go to sleep!

16 Download the Performance Triad App from iTunes Today!



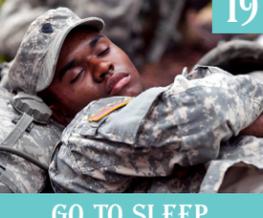
17 Be alert and energized! On your next road trip, ditch the energy drinks and choose water instead



18 STAY ACTIVE TO LIVE A LONG AND HEALTHY LIFE



19 GO TO SLEEP AVOID THINKING ABOUT TOMORROW'S TO-DO LIST BREATHE DEEPLY AND RELAX YOUR BODY AND BRAIN NEED SLEEP!



20 Regular physical activity can improve your overall health and fitness, and reduce your risk for many chronic diseases.

www.cdc.gov/physicalactivity/strategies/meAndFamily



21 Brew a nice warm cup of tea today. Then, find a quiet spot, relax, close your eyes, take a few deep breaths, and enjoy every sip. You deserve it!



22 Start a new tradition. Take a favorite holiday recipe and swap it for a healthier version. Take it to your next social gathering



23 Travel with fresh fruit and healthy snacks - choose water to drink - it's the best thing for your body



24 Watch those holiday meals! Increasing your Activity can't burn off all of those extra calories. Remember to choose wisely!



25 DON'T GO TO PARTIES HUNGRY Eat a salad with 1/2 a turkey sandwich beforehand.



26 Start a tradition. Take a favorite holiday recipe & swap it for a healthier version.



27 Sleep helps you feel and look beautiful



28 KEEP ACTIVITY & EXERCISE IN YOUR THANKSGIVING PLANS



29 THE FED UP CHALLENGE
SUGAR FREE FOR 10 DAYS

How did you do with the 10-day sugar free challenge!

fedupmovie.com

30 Christmas is only 25 days away! Stressed out from family, travel, challenges? Manage stress with exercise.



Goals



armymedicine.mil

