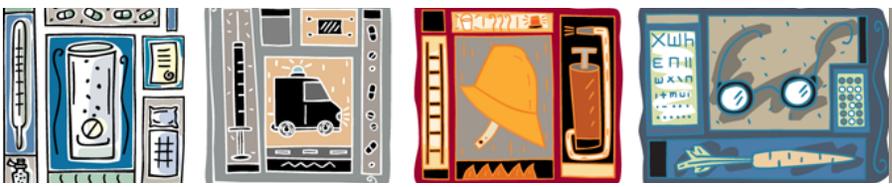


**2011 Heart of Texas Wellness Calendar**



# JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Start the new year right—Start an activity log for each month!</p> <p>Print out this calendar and use the log at the bottom of each page to start feeling healthier.</p>						1  New Year's Day
2	3	4	5	6	7	8
<p><b>National Folic Acid Awareness Week</b></p>						
9	10	11	12	13	14	15  Be sure to check the air pressure on your car tires
16  Eat a salad for lunch	17  Martin Luther King, Jr. Day	18	19  Confederate Heroes' Day	20	21	22
23	24	25	26	27  Find a workout or walking buddy	28	29
30		31				

Physical Activity Log _____minutes _____miles _____steps						
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- National Blood Donor Month**  
www.aabb.org
- Thyroid Awareness Month**  
www.thyroidawareness.com
- Cervical Health Awareness Month**  
www.nccc-online.org
- Glaucoma Awareness Month**  
preventblindness.org
- National Birth Defects Prevention Month**  
www.marchofdimes.com

### What is Cardiovascular Disease?

Cardiovascular disease (CVD) refers to a group of diseases including heart disease, stroke, and congestive heart failure. Heart attack and stroke are caused in part by narrowed or blocked arteries resulting in decreased blood supply to the heart and brain.

Several changeable and non-changeable factors increase the risk of heart disease and stroke. Non-changeable factors include increasing age and heredity. Changeable risk factors for cardiovascular disease include:

- high blood pressure
- smoking
- high cholesterol
- physical inactivity
- obesity/overweight
- diabetes



# FEBRUARY

## American Heart Month

[www.americanheart.org](http://www.americanheart.org)

## National Cancer Prevention Month

[www.mdanderson.org](http://www.mdanderson.org)

## National Children's Dental Health Month

[www.ada.org](http://www.ada.org)

## AMD/Low Vision Awareness Month

[www.preventblindness.org](http://www.preventblindness.org)

## National Wise Health Consumer Month

[www.healthylife.com](http://www.healthylife.com)

**February 13-19 is**

- Cardiac Rehabilitation Week
- Cardiovascular Professionals Week
- Child Passenger Safety Week

## Heart Attack Signs and Symptoms

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Symptoms can include pain or discomfort in one or both arms, your back, neck, jaw, or stomach.

Shortness of breath may occur with or without chest discomfort.

Other signs include

- breaking out in a cold sweat
- nausea
- lightheadedness.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>Take a dance class. It improves posture and increases fitness.</i>	2 <b>Groundhog Day</b>	3 <b>Chinese New Year</b>	4 <b>World Cancer Day</b>	5
6	7 <b>National Black HIV/AIDS Awareness Day</b>	8	9	10	11 <b>Lincoln's Birthday</b>	12
<b>Congenital Heart Defect Awareness Week February 7-14</b> →						
13	14 <b>Nat'l Donor Day</b> <b>Valentine's Day</b>	15	16	17	18 <b>National Women's Heart Health Day</b>	19
20	21 <b>President's Day</b>	22 <b>Washington's Birthday</b>	23	24	25	26
27	28 <i>Volunteering is a great way to be more active.</i>				<i>Take a moment to schedule your yearly checkup.</i>	

Physical Activity Log

\_\_\_\_\_minutes

\_\_\_\_\_miles

\_\_\_\_\_steps



# MARCH

**National Nutrition Month**

[www.eatright.org](http://www.eatright.org)

**National Kidney Month**

[www.kidney.org](http://www.kidney.org)

**National Brain Injury Awareness Month**

[www.biusa.org](http://www.biusa.org)

**National Colorectal Cancer Awareness Month**

[www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal)

**Workplace Eye Wellness Month**

[www.preventblindness.org](http://www.preventblindness.org)

**Mental Retardation Awareness Month**

[www.rcomo.org](http://www.rcomo.org)

**National Multiple Sclerosis Education & Awareness Month**

[www.msfocus.org](http://www.msfocus.org)

**National Endometriosis Awareness Month**

[www.endocenter.org](http://www.endocenter.org)

**Obesity & Overweight Facts**

People who are overweight are at increased risk for heart attack, high blood pressure, diabetes, arthritis-related disabilities, and some cancers. Healthy food habits help maintain normal blood pressure, desirable cholesterol levels, and a healthy body weight. Eat a healthy diet with more fresh fruits and vegetables and less salt, fats, and sugars.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Texas Independence Day	2	3  Update and refresh emergency contact lists at work and home.	4	5
6	7	8  Fat Tuesday	9  Ash Wednesday	10  World Kidney Day	11	12
National Sleep Awareness Week March 7-13 National School Breakfast Week March 7-11						
13  Replace your smoke detector batteries  DST begins	14	15	16	17  St. Patrick's Day	18	19
Brain Awareness Week March 14-20						
20  1st Day of Spring	21	22	23  Kick Butt Day	24  World Tuberculosis Day	25  American Diabetes Alert Day	26
World Salt Awareness Week, March 21-27						
27	28	29	30  Walking strengthens bone and muscle. Go for a stroll!	31  Cesar Chavez Day		Schedule a Pap smear and a mammogram today.

Physical Activity Log

\_\_\_\_\_minutes

\_\_\_\_\_miles

\_\_\_\_\_steps





# MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Holocaust Remembrance Day	3	4	5 Cinco De Mayo	6	7
National Physical Education and Sport Week May 1-7 North American Occupational Safety & Health Week, May 1-7						
8	9	10	11	12	13	14
National Women's Health Week Week May 8-14 Oral, Head and Neck Cancer Awareness Week May 8-14						
Mother's Day	National Women's Check-up Day			Nurse's Day		
15	16	17	18 Nat'l Employee Health & Fitness Day HIV Vaccine Awareness Day	19	20 Check and replace fire extinguishers	21 Armed Forces Day
22 Do you know your blood pressure? Get checked today!	23 Victoria Day	24	25 National Senior Health & Fitness Day	26	27	28
29	30 Memorial Day	31 World No Tobacco Day		Reduce your sodium intake by using more flavorful herbs and spices in food.		

Physical Activity Log _____minutes _____miles _____steps						
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- American Stroke Month**  
www.americanheart.org
- National High Blood Pressure Education Month**  
www.nhlbi.nih.gov
- National Physical Fitness and Sports Month**  
www.fitness.gov
- National Arthritis Awareness Month**  
www.arthritis.org
- Asthma and Allergy Awareness Month**  
www.aafa.org
- National Bike Month**  
www.bikeleague.org
- Better Sleep Month**  
www.bettersleep.org
- Clean Air Month**  
www.lungusa.org
- Healthy Vision Month**  
www.aoa.org
- Hepatitis Awareness Month**  
www.hepfi.org
- Mental Health Month**  
www.mentalhealthamerica.net

**Stroke Symptoms? Act F.A.S.T.!**

**F = Face:** does one side of the face droop?

**A = Arm:** does one arm drift downward?

**S = Speech:** does the speech sound slurred?

**T = Time:** to call 9-1-1



# JUNE

**Fireworks Safety Month**  
(Jun 1-Jul 4)

[www.preventblindness.org](http://www.preventblindness.org)

**National Aphasia Awareness Month:**

[www.aphasia.org](http://www.aphasia.org)

**National Scleroderma Awareness Month**

[www.scleroderma.org](http://www.scleroderma.org)

**National Scoliosis Awareness Month**

[www.scoliosis.org](http://www.scoliosis.org)

**Vision Research Month**

[www.preventblindness.org](http://www.preventblindness.org)

**Home Safety Month**

[www.homesafetycouncil.org](http://www.homesafetycouncil.org)

## Exercise Regularly

Be physically active, preferably getting 30 minutes of moderately-intense activity per day.

Being physically active helps reduce risk for cardiovascular disease, lowers cholesterol, lowers high blood pressure, reduces the risk of developing type 2 diabetes, and increases longevity.

Regular physical activity also promotes psychological well-being and reduces feelings of stress, depression, and anxiety.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 <i>Make sure you have a first aid or emergency kit in each car.</i>	4
5	6	7	8	9	10	11
<b>National Cancer Survivors Day</b>	<b>National Headache Awareness Week June 5-11</b>					
12 <i>Buy a dance video game. Play it with your kids!</i>	13	14 <b>Flag Day</b>	15	16	17	18
	<b>Men's Health Week June 13-19</b>					
19 <b>Father's Day</b> <b>Juneteenth</b>	20	21	22 <i>Check the air conditioner in your car and home to save money and energy</i>	23	24	25
26 <i>Take advantage of your neighborhood pool or public beach!</i>	27	28	29	30	<i>Join an adult baseball, soccer or kickball team</i>	

Physical Activity Log  
\_\_\_\_\_minutes  
\_\_\_\_\_miles  
\_\_\_\_\_steps



# JULY

**Juvenile Arthritis Awareness Month**

[www.arthritis.org](http://www.arthritis.org)

**International Group B Strep Awareness Month**

[www.groupbstrepiinternational.org](http://www.groupbstrepiinternational.org)

**UV Safety Month**

[www.aa.org/eyemd](http://www.aa.org/eyemd)

**Hemochromatosis Awareness Month**

[www.irondisorders.org](http://www.irondisorders.org)

## Smoking

Smokers generally have a two-fold increased risk of heart disease regardless of whether filtered or non-filtered cigarettes are used.

Smoking cessation not only reduces the risk of cardiovascular disease, but also helps prevent cancer and chronic lung disease.

Smoking increases wrinkles.

Non-smokers, too, are affected by the smoke from their friends, family members, and strangers who light up in their presence.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Go on a picnic!	2
3 Washing your hands regularly wards off disease and contagion.	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
National Youth Sports Week July 18-23						
17	18 Take a week off of fast food!	19	20	21	22	23
24 31	25	26	27	28 World Hepatitis Day	29	30 Take a moment to learn about nutrition. Sign up for a cooking class.

Physical Activity Log

\_\_\_\_\_minutes

\_\_\_\_\_miles

\_\_\_\_\_steps



# AUGUST

**National Immunization Awareness Month**  
[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)  
**Cataract Awareness Month**  
[www.aoa.org](http://www.aoa.org)  
**Children's Eye Health and Safety Month**  
[www.preventblindness.org](http://www.preventblindness.org)  
**Psoriasis Awareness Month**  
[www.psoriasis.org](http://www.psoriasis.org)

## Arthritis

Arthritis is one of the most common diseases in Texas and the United States, and the leading cause of disability among adults.

Common symptoms include pain, aching, stiffness, and swelling in or around the joints.

Like cardiovascular health, control your body weight and exercise regularly.

Relieve stress by scheduling a massage, taking a warm bath, reading a book, or listening to music.

Get diagnosed for joint pain lasting more than 2 weeks. Consult with your doctor about medications not working well or causing undesirable side effects.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>National Minority Donor Awareness Day</b> Ramadan begins	2	3	4	5 Buy school supplies and clothes early or online to avoid the rush before school.	6
7	8	9	10	11	12	13
<div style="background-color: #c8e6c9; padding: 5px; border: 1px solid black; display: inline-block; width: 80%; margin: 0 auto;"> <b>National Health Center Week</b> </div>						
14	15	16 Grill or bake instead of frying foods in oil.	17	18	19	20
21 Take a massage class with your spouse for stress reduction.	22	23	24	25 Take a walk during your lunch break. Take a few buddies with you.	26	27 <b>LBJ's Birthday</b>
28	29	30 <b>Eid ul-Fitr</b>	31			

Physical Activity Log  
 \_\_\_\_\_ minutes  
 \_\_\_\_\_ miles  
 \_\_\_\_\_ steps

Physical Activity Log  
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 \_\_\_\_\_ steps

Physical Activity Log  
 \_\_\_\_\_ minutes  
 \_\_\_\_\_ miles  
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# SEPTEMBER

**National Cholesterol Education Month**

[www.cdc.gov/features/cholesterolawareness](http://www.cdc.gov/features/cholesterolawareness)

**National Atrial Fibrillation Awareness Month**

[www.stopafib.org](http://www.stopafib.org)

**Childhood Cancer Month**

[www.candlelighters.org](http://www.candlelighters.org)

**Leukemia & Lymphoma Awareness Month**

[www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.org)

**Healthy Aging Month**

[www.healthyaging.net](http://www.healthyaging.net)

**Prostate Cancer Awareness Month**

[www.zerocancer.org](http://www.zerocancer.org)

**Ovarian Cancer Awareness Month**

[www.ovarian.org](http://www.ovarian.org)

**Cholesterol**

High blood cholesterol can lead to heart attack or stroke by the narrowing of blood vessels.

The National Cholesterol Education Program recommends that all adults have their cholesterol checked once every five years.

Maintain a desirable or optimal level of total cholesterol at less than 200 mg/dL.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Kids get stressed, too. Check in with them to make sure things are okay.	2	3
4 Take a mental health day. And actually use it to relax!	5 Labor Day	6	7	8	9	10
National Suicide Prevention Week						
11 Grandparent's Day	12	13	14 National School Backpack Awareness Day	15	16 Check your house for safety hazards.	17
18	19	20	21 World Alzheimer's Day	22	23 First Day of Fall	24 Family Health & Fitness Day USA
National Rehabilitation Awareness Celebration, September 18-24						
25	26 Schedule your next dental cleaning	27	28 National Women's Health and Fitness Day	29 World Heart Day	30 Rosh Hashanah	

Physical Activity Log  
 \_\_\_\_\_minutes  
 \_\_\_\_\_miles  
 \_\_\_\_\_steps



# OCTOBER

- National Breast Cancer Awareness Month**  
www.nbcam.org
- Healthy Lung Month**  
www.lungusa.org
- National Dental Hygiene Month**  
www.adha.org
- “Talk About Prescriptions” Month**  
www.talkaboutrx.org
- National Physical Therapy Month**  
www.apta.org
- National Chiropractic Month**  
www.acatoday.org
- National Down Syndrome Awareness Month**  
ndss.org
- National Infant Death Syndrome Awareness Month**  
www.firstcandle.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Try weightlifting. It burns calories and sculpts the body.
2	3 National Child Health Day	4	5	6	7 Yom Kippur	8
<div style="background-color: #c8e6c9; padding: 5px; display: inline-block; width: 80%; margin: 0 auto;"> <b>Drive Safely Work Week, October 3-7</b> </div> <div style="background-color: #c8e6c9; padding: 5px; display: inline-block; width: 80%; margin: 0 auto;"> <b>Mental Illness Awareness Week, October 2-8</b> </div>						
9 Tai Chi, Yoga or simple stretching reduces stress and makes the body and mind relax.	10 World Mental Health Day Columbus Day	11	12	13 Metastatic Breast Cancer Awareness Day	14	15 Learn about the body. Find out the names of your muscles and tendons.
<div style="background-color: #c8e6c9; padding: 5px; display: inline-block; width: 80%; margin: 0 auto;"> <b>National School Lunch Week October 10-14</b> </div>						
16 World Food Day	17	18	19	20 World Osteoporosis Day	21 National Mammography Day	22
<div style="background-color: #c8e6c9; padding: 5px; display: inline-block; width: 80%; margin: 0 auto;"> <b>National Drug-Free Work Week October 17-23</b> </div>						
23	24	25 Save a life. Learn CPR.	26	27 Lung Health Day	28	29
<div style="background-color: #c8e6c9; padding: 5px; display: inline-block; width: 80%; margin: 0 auto;"> <b>Red Ribbon Week, October 23-31</b> </div>						
	30	31 Halloween				

Physical Activity Log _____minutes _____miles _____steps						
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**Limit Alcohol**

Drinking too much alcohol can raise blood pressure and lead to heart failure or stroke.

It can contribute to high triglycerides, produce irregular heartbeats, and affect cancer and other diseases.

It contributes to obesity, alcoholism, suicide, and accidents.

The risk of heart disease in people who drink moderate amounts of alcohol (an average of one drink for women or two drinks for men per day) is lower than in nondrinkers.





# DECEMBER

## Safe Toys and Gifts Month

[www.preventblindness.org](http://www.preventblindness.org)

## Reduce Stress

Some scientists have noted a relationship between heart disease risk and stress.

People under stress may overeat, start smoking, or smoke more.

Research has even shown that stress reaction in young adults predicts middle-age blood pressure risk.

If you are experiencing mild depression or anxiety, aerobic workouts, such as walking or jogging, can improve your mood.

Non-aerobic exercise, like weight lifting, can also boost your spirits, improve sleep and appetite, reduce irritability and anger, and produce feelings of mastery and accomplishment.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>World AIDS Day</b>	2	3 <i>Buy a calendar for 2012. Fill in all your important events.</i>
4 <i>Holiday Stress? Blunt it by going to bed half an hour early.</i>	5	6	7 <b>Pearl Harbor Remembrance Day</b>	8	9	10
<b>National Handwashing Awareness Week December 5-11, 2010 <a href="http://www.henrythehand.com">www.henrythehand.com</a></b>						
11	12	13	14	15	16	17 <i>Many places offer free gift wrapping. Take advantage of it!</i>
18	19	20 <i>Make one day in December Ugly Sweater Day at work.</i>	21 <b>Winter Solstice</b>	22	23	24 <b>Christmas Eve</b>
25 <b>Christmas</b>	26 <b>Kwanzaa begins</b>	27	28	29 <i>Have a look at your activity log. Make a commitment for next year!</i>	30	31 <b>New Year's Eve</b>

Physical Activity Log  
\_\_\_\_\_minutes

\_\_\_\_\_miles

\_\_\_\_\_steps

Physical Activity Log  
\_\_\_\_\_minutes

\_\_\_\_\_miles

\_\_\_\_\_steps