

2016 Calendar

Take 12 
Steps for *Your* Health
in 2016

12 Months • 12 Healthy Goals



Sponsored by





My Healthy Year



Pledge

In 2016, in an effort to live a longer, healthier and happier life, I pledge to follow the Take 12 Plan.

I pledge to complete the steps for each month. Each month I will make Healthy Strides by giving that step my full attention to make it part of my daily life.



MY HEALTHY YEAR will include the following:

Get Physical

I pledge to recognize that small steps can add up to big benefits. Each week I will try to get at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both.

Eat Better

I pledge to eat/drink nutritiously and to avoid unhealthful food choices.

Reduce Stress

I pledge to ask myself what causes me stress so that I may both reduce my stress levels and learn how to best deal with it when it's unavoidable. Paying attention to my mental health, including getting enough sleep and managing stress, will improve my overall health.

Learn My Family Medical History

I pledge to ask my family members about their health. Knowing my family's medical history will help me and my health care provider determine my personal risk factors and screening tests we might otherwise overlook.

Kick Bad Habits

I pledge to be smoke and drug free, to always wear my seat belt and to find someone to talk to if I'm struggling with negative relationships or thoughts.



Sign the Pledge!

In 2016, in an effort to live a longer, healthier and happier life, I pledge to:

Follow the Take 12 plan, completing the steps for each month. MY HEALTHY YEAR will include getting physical, eating better, reducing stress, learning my family medical history, and kicking bad habits. I will also celebrate MY HEALTHY YEAR by sharing this pledge with the people in my life.



Signed: _____



Back to Basics

Good nutrition,
physical activity, sleep
and recreation time –
get back to making
healthy choices a
priority for improving
your life.

1
STEP



2016

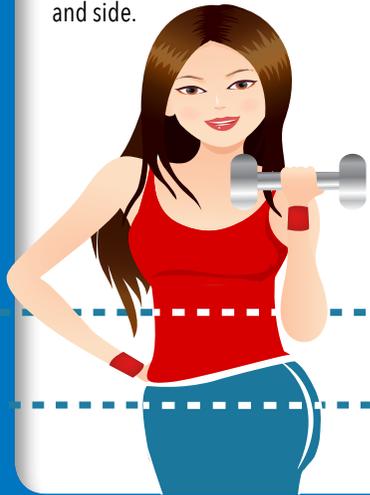


January

Making Healthy Strides

TRY THIS: Take measurements and pictures.

Common body measurements are at the hip and waist. Get photos of yourself from the front, back and side.



Instead of THAT: Focusing on body weight.

It is completely normal to have small weight fluctuations every day. Weighing yourself daily can derail your success. Stay off the scale!

Sunday • Monday • Tuesday • Wednesday • Thursday • Friday • Saturday

January is . . .

- Thyroid Awareness Month
- Glaucoma Awareness Month
- National Blood Donor Month

December 2015						
S	M	T	W	T	F	S
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20	21	22	23	24	25	26
27	28	29	30	31		

February 2016						
S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29				

¹ New Year's Day

²

RECenter Membership Sale begins

Winter Fitness/ Aqua classes begin at RECenters

3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 <i>Martin Luther King, Jr. Day</i>	19	20	21	22	23
24	25 <i>Healthy Weight Week</i>	26	27	28 <i>Spring Parktakes is out!</i>	29	30
31						

e mail: Take12@fairfaxcounty.gov

Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on...

- This year is different...**2016 is MY HEALTHY YEAR.**
- Ask some questions, set some goals and find **Your Starting Point.**
- Getting healthy works better when you **Come Up with a Plan.**

This Healthy Step sponsored by





Get a **FOOD Education**

Familiarize yourself with food lingo – labels, ingredients and daily dietary recommendations – for a more streamlined understanding of nutrition.

2016



February



Making Healthy Strides

TRY THIS: Gradually phasing out unhealthy foods.

Cut back by starting in your local grocery store's organic section to find more natural alternatives to your favorite packaged snacks. Look for fewer ingredients and less processing.



Instead of THAT: Cutting out junk food "cold turkey."

You could experience a detoxifying process as your body rids itself of all the chemical ingredients that contribute to fatigue, irritability and upset stomach. Better to make the switch gradually and drink plenty of water to flush out your system.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Early registration begins for Park Authority spring classes - don't wait, save \$8!		Park Authority summer camp registration opens	Give Kids a Smile Day National Wear Red Day	City of Fairfax Chocolate Lovers Festival begins
7	8	9	10	11	12	13
					Early registration incentive for classes ends today!	
14 Valentine's Day	15 Presidents Day	16	17	18	19	20
National Donor Day Random Acts of Kindness Week			Random Acts of Kindness Day			
21	22	23	24	25	26	27
	World Thinking Day	Great American Spit Out (Smokeless Tobacco)				Spring Aqua classes begin at RECenters
28	29		January 2016	March 2016	February is . . .	
			S M T W T F S	S M T W T F S	American Heart Month National Children's Dental Health Month National Cancer Prevention Month	
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			24 25 26 27 28 29 30	27 28 29 30 31		

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Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on...

- Organic? GMO? Take a crash course in **Nutrition Lingo.**
- Make healthful foods a habit when you follow **Food Rules.**
- Stock yourself with **Ingredients for Living.**

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2016

March



Fuel Your Body

Whole foods are satisfying to your body... Fill up on nutrient-packed foods and you'll be feeling great!

Making Healthy Strides

TRY THIS: Water

Thirst should be our guide and water our beverage.

So drink up and taste the healthy flavor of water.



Instead of THAT: Sports Drinks

Sports drinks are flavored beverages that contain carbohydrates (usually sugar) and minerals such as sodium and potassium, aka electrolytes. Some contain 150 calories, the equivalent of 10 teaspoons of sugar.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	April 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	March is . . . 🎗️ National Nutrition Month 🎗️ American Red Cross Month 🎗️ Brain Injury Awareness Month	

National Sleep Awareness Week

Ice Breaker Tournament at Greendale Golf Course, 9:30 a.m.

National School Breakfast Week

Speak Out! Day for P.E.

Registered Dietician Nutritionist Day

St. Patrick's Day

National Poison Prevention Week
Freedom of Information Day

Kick Butts Day (Tobacco-Free Kids)

Golf Spring Pass Sale begins
FCPS Spring Break Week begins

World Water Day
American Diabetes Alert Day

World Tuberculosis Day

Spring classes begin at RECenters

Vacation Commitment Day

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Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on...

- What is **The Buzz on Energy Drinks?**
- Foods that are seemingly healthful could be **Sugar Shockers.**
- For strong teeth, soft skin and longevity, eat your **Nutrition from Head-to-Toe.**

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Snack Smart

Rev your metabolism by eating less, more often in your day. Being smart about the snacks you eat can have a big impact.

4
STEP



2016
April

Making Healthy Strides

TRY THIS: Healthy Proteins

If you don't have time to sit down for a meal, grab a meal replacement drink, cereal bar or energy bar. Check the label to be sure the product contains at least six grams of protein and is low in sugar and fat.



Instead of THAT: Candy Bar

Some candy bars do offer a gram or two of protein from the nuts... that's about it. The rest is sugar and other non-nutritional ingredients that will only hold off hunger for a short time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April is . . . 🦋 National Alcohol Awareness Month 🦋 Distracted Driving Awareness Month 🦋 National Youth Sports Safety Month 🦋 National Autism Awareness Month		March 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	May 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1	2
3	4	5	6	7	8	9
	National Public Health Week National Youth Violence Prevention Week			World Health Day	Alcohol-Free Weekend	National Day of Hope
10	11	12	13	14	15	16
National Volunteer Week National Library Week	World Parkinson's Day	DEAR (Drop Everything And Read) Day		International Moment of Laughter Day	Global Youth Service Day	National Stress Awareness Day
17	18	19	20	21	22	23
World Hemophilia Day				Summer Parktakes is out!	Earth Day	 Healthy Strides Community 5k/10k at Burke Lake Park
24	25	26	27	28	29	30
		National Infant Immunization Week				 Springfest, featuring the Healthy Strides Expo 10 a.m. - 4 p.m. at Workhouse Arts Center in Lorton

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- Healthful Vending - coming soon to RECenters!
- You might be surprised to find out what are **The Best and Worst Vending Machine Snacks.**
- Even when you're running out the door, make **Healthful Snack Choices On-the-Go.**

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May 2016



5
STEP

Keep track

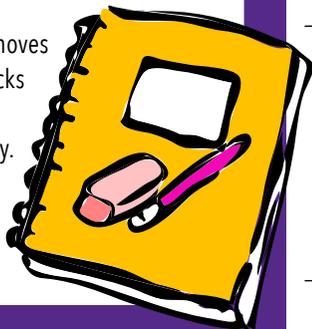
Keeping a journal is a great way to track your activities throughout the day. Looking back weekly allows time for reflection and planning for improvement.

Making Healthy Strides

TRY THIS: Journaling

Writing in a journal daily not only has a positive impact on physical well-being, but also provides increased mental clarity, better self-awareness, stress reduction, more effective problem-solving and better conflict resolution.

Writing removes mental blocks and allows for creativity.



Instead of THAT: Guessing

Not having an accurate record of what you're eating or your life's daily events can leave you feeling disjointed, unorganized and out of control. Take the guesswork out and bring in some accountability for yourself by writing down your thoughts and the food you eat in a journal.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																			
1 Park Authority Farmers Markets open RECenter Membership Sale begins	2 Be Kind to Animals Week Melanoma Monday	3 World Asthma Day	4	5	6 National Nurses Day	7 Golf Pass Sale ends tomorrow!																																																																																																			
8 Mother's Day World Red Cross/Red Crescent Day National Women's Health Week	9 Seniors (55+) Only Tournament at Greendale Golf Course, 8 a.m.	10 Early registration for summer classes begins World Lupus Day	11 National School Nurse Day	12	13	14																																																																																																			
15	16 National Bike to Work Week	17	18	19	20 Early registration incentive for classes and camps ends today National Bike to Work Day	21 Armed Forces Day																																																																																																			
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29	30 Memorial Day	31 World No Tobacco Day	<table border="1"> <thead> <tr> <th colspan="7">April 2016</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> </tbody> </table>		April 2016							S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	<table border="1"> <thead> <tr> <th colspan="7">June 2016</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td> </tr> </tbody> </table>		June 2016							S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		<p>May is . . .</p> <ul style="list-style-type: none"> Clean Air Month ALS Awareness Month National Mental Health Month Global Employee Health & Fitness Month
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- Stay aware and accountable when you **Write as you Bite.**
- Sync your eating habits and devices as you **Track with Tech.**
- Take a new perspective on yourself with **Journaling for Stress Relief.**

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Go on an Adventure

Daily life is YOUR adventure... stay positive and enjoy the twists and turns! You control your adventure, so keep your eyes looking straight ahead and try not to compare yourself to others.

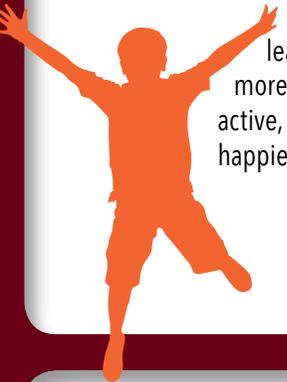
2016
June



Making Healthy Strides

TRY THIS: Outside Play

When playing outdoors, a child learns on multiple levels with each new adventure: imagination abounds and the love for physicality grows. Playing outside helps children become better learners, more physically active, and happier!



Instead of THAT: Inside Play

Researchers have found a disorder called "Nature Deficit Disorder". Basically, this means that not playing outdoors and with nature is really detrimental for kids. Being close to natural settings reduces stress, improves motor coordination and concentration.

Sunday • Monday • Tuesday • Wednesday • Thursday • Friday • Saturday

June is . . .

- National Safety Month
- National Great Outdoors Month
- Men's Health Month

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National Cancer Survivors Day World Environment Day				Herndon Festival begins	26th Annual Combo Classic Begins at Twin Lakes Golf Course Celebrate Fairfax begins	National Trails Day																																																																																																																	
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	National Men's Health Week	Ladies Only Tournament at Greendale Golf Course, 9 a.m. World Blood Donor Day				Father's Day Tournament at Burke Lake Golf Course Aqua/Land summer classes begin at RECenters																																																																																																																	
19 <i>Father's Day</i>	20	21	22	23	24	25																																																																																																																	
Antique Car Show at Sully Historical Site Father's Day Tournament at Oak Marr Golf Course World Sickle Cell Day				FCPS Last Day of School	Helen Keller Deaf-Blind Awareness Week																																																																																																																		
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Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on...

- **Enjoying the Journey of Life** can be easier said, than done... but give it a try.
- **Save on budget and sanity** when you go on the **Best Staycation Ever.**
- **Adventure Living** is all about overcoming fear and making mistakes in order to live your dreams!

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2016 July



Simply Happy

Focus on yourself and your personal happiness by scheduling some "me" time! Work on finding balance and simplifying your life.

Making Healthy Strides



TRY THIS: Interrogative Self-Talk

Questions are powerful because they probe for answers. They remind us of the resources we do have and they activate our curiosity. This powerful strategy works better than affirmations because it acknowledges your negative thoughts and feelings and reduces the need to fight them. Use "Am I..." instead of "I am."

Instead of THAT: Positive Affirmations

The reason positive affirmations don't work is that they target the conscious level of your mind, but not the unconscious. If what you are trying to affirm is incongruent with a deeply held negative belief, then all that results is an inner struggle.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	August 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	July is . . . UV Safety Month National Parks and Recreation Month Family Golf Month			1	2
3	4 <i>Independence Day</i>	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31				World Hepatitis Day		

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- Calm and de-stress yourself when you **1-2-3 Breathe.**
- Check yourself and learn the **20 Habits of Happy People.**
- You've heard of multi-tasking, but try **Single-Tasking for Increased Productivity.**

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Know Your Numbers



Knowing your numbers is a good way to keep your body healthy. Schedule routine visits with your doctor to keep track of your blood pressure, cholesterol, blood glucose and weight.



2016 August



Making Healthy Strides

TRY THIS: Adopting a heart-healthy lifestyle...

Lifestyle modifications are essential. These changes may reduce your blood pressure without the use of prescription medications. Adopting a healthy lifestyle, such as eating sensibly, exercising regularly, sleeping, reducing stress and not smoking are critical for the health of your heart. Think of these changes as a "lifestyle prescription" and make every effort to comply with them.



Instead of THAT: Harmful habits

You can undermine your healthy efforts with a high-salt diet, limited physical activity, high stress level, being overweight, smoking, excessive alcohol consumption and not taking prescription medications properly.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1	2	3	4	5	6
7	8	9	10	11	12	13
National Health Center Week		National Night Out Early registration for fall classes begins- don't wait, save \$8			Junior Club Championship at Burke Lake Golf Course Don't wait-Save \$8! Early registration ends tomorrow	
14	15	16	17	18	19	20
	Registration opens for fall classes	Ladies, Seniors & Super Seniors Divisions Club Championship at Greendale Golf Course, 8 a.m.				Club Championship - Men's Division at Greendale Golf Course, 8 a.m.
21	22	23	24	25	26	27
				The National Park Service turns 100 today!		
28	29	30	31	August is . . . 🎗️ National Immunization Awareness Month 🎗️ National Breastfeeding Month 🎗️ Children's Eye Health and Safety Month		September 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 18 20 21 22 23 24 25 26 27 28 29 30

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Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on...

- Take the confusion out of preventative health care with **Screenings: What and When?**
- You can achieve optimal health when you're **In the Healthy Zone.**
- Be prepared to **Fight the Bite** of insect-borne diseases this summer.

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Sync Up with Fitness

Get up to speed with the latest fitness devices – track and sync your wellness goals for accountability and motivation.

2016

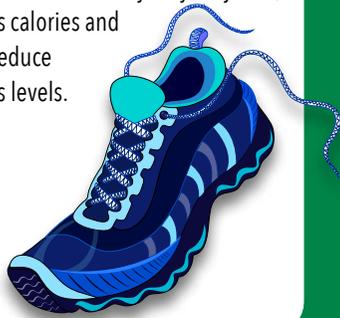
September



Making Healthy Strides

TRY THIS: 10,000 Steps Daily

Maybe you have heard the recent guidelines about walking 10,000 steps per day. Did you know that 10,000 steps is close to 5 miles? It is! Walking can be done just about anywhere and is easy on your joints, burns calories and can reduce stress levels.



Instead of THAT: Sitting all day

A sedentary person may only average 1,000 to 3,000 steps a day. For these people adding steps has many health benefits. A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
September is . . .		August 2016	October 2016	1	2	3																																																																																											
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4	5 <i>Labor Day</i>	6	7 National Suicide Prevention Week	8 RECenter Membership Sale begins	9 Fall Session Aquatics classes begin at RECenters	10 Fall Session Land classes begin at RECenters World Suicide Prevention Day																																																																																											
11 National Day of Service and Remembrance National Assisted Living Week	12 Fall Session Fitness classes begin at RECenters	13	14	15 World Lymphoma Awareness Day	16	17 Club Championship at Burke Lake Golf Course																																																																																											
18	19	20	21 School Backpack Awareness Day	22	23	24 Fall Junior/Parent Scramble at Burke Lake Golf Course National Public Lands Day																																																																																											
25 Active Aging Week	26	27	28 National Women's Health and Fitness Day	29 World Heart Day	30																																																																																												

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Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on...

- Is it a watch? What does it do? Get the scoop on wearable technology and become **Fit Band Saavy**.
- Discover some super cool and innovative **Gadgets for the Fitness Fanatic**.
- **Syncing Technology with your Fitness Routine** is a reason to get moving, not sit still.

This Healthy Step sponsored by





October

2016



**Get Up and
Get Moving!**

**Find fitness activities that
you enjoy and can stick
with on a weekly basis.**

Making Healthy Strides

TRY THIS: Workout Buddy

Great for those focused on specific, shared or complementary goals (e.g., losing weight, getting stronger, training for an event). Ideal for pals who want to spend more time together and be more active. Workout partners not only get you through a challenging workout, but can help you through life challenges as well. Buddies provide a powerful combination of support, accountability, motivation and, in some cases, healthy competition.



Instead of THAT: Going Solo

It can be hard to push yourself during solo workouts, and it's dangerous to lift heavy weights without a spotter. You are more likely to give in to your negative thoughts about skipping a workout or giving your best effort, and derailing your fitness goals.

Sunday • Monday • Tuesday • Wednesday • Thursday • Friday • Saturday

September 2016						
S	M	T	W	T	F	S
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November 2016						
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October is . . .

- Eat Better, Eat Together Month
- Children's Health Month
- National Breast Cancer Awareness Month
- National Work and Family Month

2 National Mental Illness Awareness Week	3 World Habitat Day Child Health Day	4	5 International Walk-to-School Day	6	7 Shot in the Dark Tournament at Burke Lake Golf Course	8 International Day of Older Persons Fall for Fairfax Kidsfest begins
9 National Fire Prevention Week	10 <i>Columbus Day</i> National School Lunch Week	11	12	13	14	15 City of Fairfax Fall Festival begins
16 World Food Day International Infection Prevention Week	17 International Day for the Eradication of Poverty National Health Education Week	18	19	20 World Osteoporosis Day	21	22 Make a Difference Day
23 National Red Ribbon Celebration/National Plant the Promise Week	24 Take Back Your Time Day	25	26	27	28	29
30	31 <i>Halloween</i>					

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- Change up your fitness routine and stay in shape when you're **Fitness Trendy**.
- **Fitness—Expanded at** Fairfax County's Oak Marr and Spring Hill RECenters!
- There's no reason to skip out when you can **Workout Anywhere**.

This healthy lifestyle is sponsored by



Play It Safe

Play and share safely
on social media.



2016 November

Making Healthy Strides

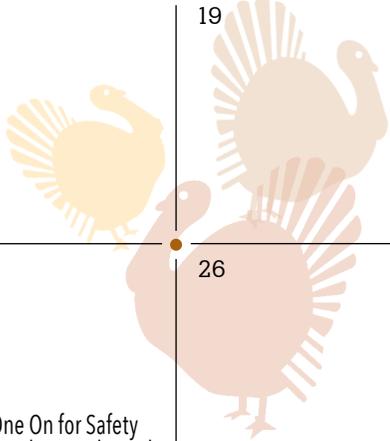
TRY THIS: Driving Cell Phone Free

It can be hard to resist a ringing phone or a chiming text message, but there are many positive side effects to not using a phone while driving:

- More likely to arrive safely
- Feeling more relaxed; some of our best ideas and solutions come when we are at ease
- Being able to have a conversation with your passengers
- Avoiding crashes and their associated costs – doctor visits, auto repairs, court fees

Instead of THAT: Handheld or Hands-Free Devices

Eighty percent of American drivers believe hands-free devices are safer than using a handheld phone, but that is just not the case. More than 30 studies show hands-free devices are no safer because the brain remains distracted by the conversation.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November is . . .		1	2	3	4	5
<ul style="list-style-type: none"> American Diabetes Month National Family Caregivers Month National Healthy Skin Month National COPD Awareness Month 						
6	7	8	9	10	11 <i>Veteran's Day</i>	12
Fall back, Daylight Saving Ends		Winter Parktakes is out!				
13	14	15	16	17	18	19
American Education Week World Kindness Day	Park Authority Farmers Markets begin to close this week World Diabetes Day	America Recycles Day		Turkey Cup at Greendale Golf Course, 9 a.m. Great American Smokeout		
20	21	22	23	24 <i>Thanksgiving Day</i>	25	26
Universal Children's Day				National Family Health History Day	Tie One On for Safety campaign begins through January 1st (M.A.D.D.)	
27	28	29	30		October 2016	December 2016
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					23 24 25 26 27 28 29	25 26 27 28 29 30 31

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Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on...

- There's no denying that **Driving Distraction-Free** is the only way to a safe destination.
- Beware what you Share on social media - tips for safe and responsible posting.
- Good medicine or bad? **Social Media can affect Happiness.**

This Healthy Step sponsored by



12
STEP

Being the Best YOU

Self-improvement never stops – attend a seminar, talk, workshop or read a book to improve your daily outlook.



2016

December

Making Healthy Strides

TRY THIS: Living with Purpose

A clear sense of purpose enables you to focus on what matters most, take courageous risks and persevere. Find the "sweet spot" that sits in the intersection between what you care about, what you can contribute, and what will be valued most.



Instead of THAT: Just Surviving

Unlike animals, who are driven simply to survive, we humans crave more from life than mere survival. Without an answer to the question "Survival for the sake of what?" we can quickly fall into disillusionment, distraction and a quiet sense of despair.

Sunday • Monday • Tuesday • Wednesday • Thursday • Friday • Saturday

December is . . .

- International AIDS Awareness Month
- Safe Toys and Gifts Month
- National Drunk and Drugged Driving (3D) Prevention Month

November 2016

S	M	T	W	T	F	S
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January 2017

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				1	2	3
				World AIDS Day		Arts & Crafts Fair begins at Audrey Moore RECenter
4	5	6	7	8	9	10
	International Volunteer Day	Early registration begins for Winter classes				Human Rights Day
11	12	13	14	15	16	17
					Last day of early registration for Winter classes	
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Christmas Day						New Year's Eve

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Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on...

- **Read This** list of best-sellers that you can apply to your own life.
- A good leader knows that **leadership is a Service, Not a Destination.**
- Move your life onto a new, more challenging and rewarding trajectory when you answer the question **"What is Your Why?"**

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Fairfax County Park Authority

RECenters



Take 12
Steps for *your* Health
in 2016

12 Months • 12 Healthy Goals

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Check our free workshop schedule online.

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TTY 703-803-3354
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A publication of Fairfax County, Va.

Get on your way to a healthier YOU!

Check inside for details on the Take 12 Healthy Steps, and take the

My Healthy Year Pledge




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