



Love Yourself

Loving yourself motivates you to take care of your well-being.

JANUARY - 2015

S		4	11	18	25
M		5	12	19	26
T		6	13	20	27
W		7	14	21	28
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31



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Be an active sporty

An active sport literally gets your heart rate up, burn calories and adds zest to your life.

FEBRUARY - 2015

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



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**Spend time
with your
loved ones**

Relationships are an integral part of healthy life.
They not only create strong bonds but keep you engaged.

MARCH - 2015

S	1	8	15	22	29
M	2	9	16	23	30
T	3	10	17	24	31
W	4	11	18	25	
T	5	12	19	26	
F	6	13	20	27	
S	7	14	21	28	



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Breakfast like kings

A healthy king size breakfast is a great start for an active day and helps burn calories.

APRIL - 2015

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		



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Take a break

Trekking and hill climbing are great ways to get your heart pumping, while enjoying some fresh air in the great outdoors.

MAY - 2015

S	31	3	10	17	24
M		4	11	18	25
T		5	12	19	26
W		6	13	20	27
T		7	14	21	28
F	1	8	15	22	29
S	2	9	16	23	30





Turn chores into a workout

Plug on some music and get on the floor. Be a sporty and prove you are a good homemaker too.

JUNE - 2015

S		7	14	21	28
M	1	8	15	22	29
T	2	9	16	23	30
W	3	10	17	24	
T	4	11	18	25	
F	5	12	19	26	
S	6	13	20	27	



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Table your meal

A stress free dine helps absorption of essential nutrients.

JULY - 2015

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	



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A class act

Dance, aerobics, ballroom, surfing, martial arts are all fun activities and great work outs. They help you learn new art and keeps you fit.

AUGUST - 2015

S	30	2	9	16	23
M	31	3	10	17	24
T		4	11	18	25
W		5	12	19	26
T		6	13	20	27
F		7	14	21	28
S	1	8	15	22	29



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Always
a reason
to smile

Believe your pleasant smile has the magic of exposing positive attitude and reducing stress levels.



SEPTEMBER - 2015

S	6	13	20	27	
M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	
F	4	11	18	25	
S	5	12	19	26	



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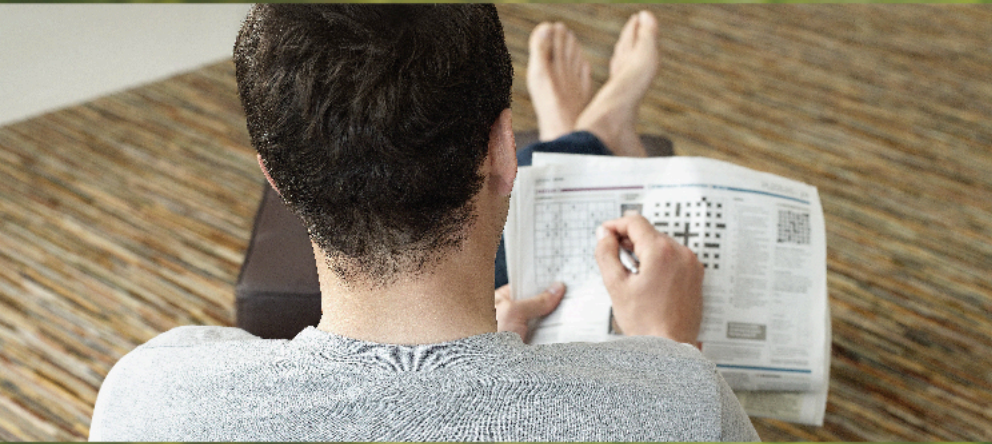
Put the breaks on

Break rules occasionally to relish some junk food you crave. But remember exception does not become a rule.

OCTOBER - 2015

S		4	11	18	25
M		5	12	19	26
T		6	13	20	27
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S	3	10	17	24	31





Solve puzzles
and play
brain games

Many times brainy games help you de-stress than physical activities.

NOVEMBER - 2015

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					



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**Get-set
relax**

Learn to relax. It improves your hygiene factors and balances work life.

DECEMBER - 2015

S	6	13	20	27	
M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	31
F	4	11	18	25	
S	5	12	19	26	

