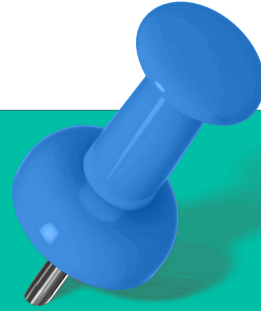




Make 2022 the year of you!

This year, resolve to make your personal health and fitness a priority.



JANUARY 2022

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10	11	12			15	16
		19	20	21	22	23
		26	27			30

TAKE IT ONE
STEP AT A
TIME.

DEFINE
ATTAINABLE
HEALTH GOALS
FOR YOUR
LIFESTYLE.

EXERCISE
WITH FRIENDS
AND FAMILY
TO STAY
MOTIVATED.

DON'T BEAT
YOURSELF UP
IF YOU MISS A
WORKOUT OR
OVEREAT.

TRACK YOUR
FOOD AND
WATER
INTAKE.

To learn more helpful tips, visit mycare.sharecare.com.

