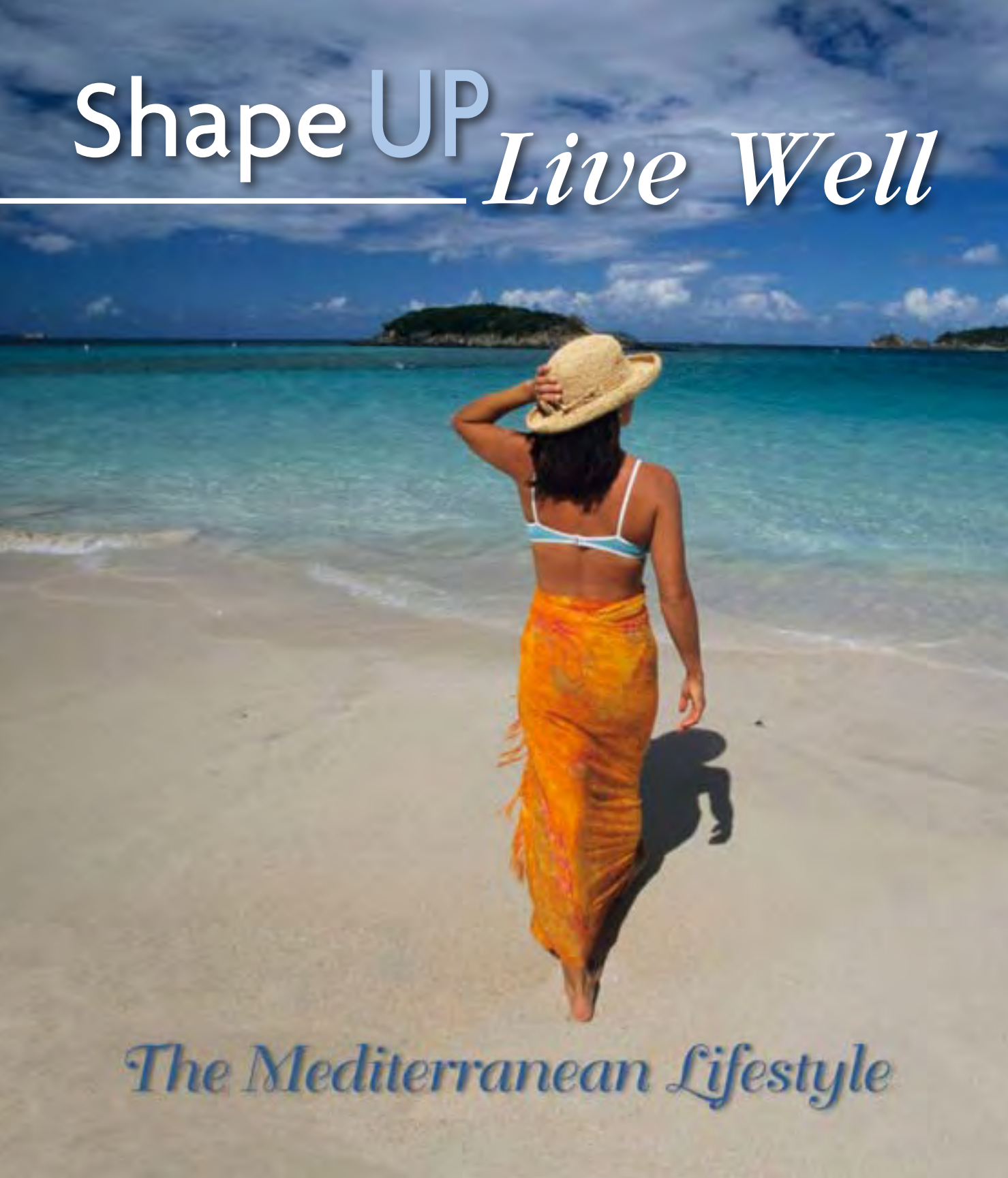


# ShapeUP *Live Well*



*The Mediterranean Lifestyle*

CareFirst.    
BlueCross BlueShield





# What is a serving size?



If you've ever visited the **Mediterranean region**, or even if you have seen pictures of it, you have probably noticed that the people seem to enjoy life to the fullest. Natives of the Mediterranean region tend to live to old age and have lower rates of heart disease and cancer. What's their secret to good health? **Much of it is due to a mix of these factors:**

- a diet rich in fruit, vegetables, whole grain breads, cereals, and beans and low in red meats and processed sugars
- daily exercise
- balance between work and family

You can adopt the Mediterranean lifestyle wherever you live. This calendar provides a year's worth of health information about the Mediterranean lifestyle and shows you how to add these good habits to your daily routine. By following the tips and recipes on this calendar, you can get on the road to better health.

Be sure to talk to your doctor if you have any questions about this information or if you plan to start a new diet or exercise plan.

## *Common Foods of the Mediterranean Diet*

Eating a combination of these foods can help you lose or maintain weight. You can also fight diabetes, heart disease, depression and some forms of cancer.

- **Bread, Pasta, Grains:** bread, pasta, rice, couscous, polenta, potatoes
- **Fruits:** olives, avocados, grapes
- **Vegetables:** spinach, eggplant, tomatoes, broccoli, peppers, mushrooms, garlic, capers, beans
- **Legumes, Nuts:** almonds, walnuts and other nuts; chick peas, white beans, lentils and other beans; Peanuts
- **Olive Oil**
- **Cheese & Yogurt**
- **Fish:** shellfish, sardines
- **Poultry:** chicken
- **Eggs**
- **Meat:** veal, lamb (limit to 12-16 ounces per month)
- **Red Wine:** limit to 1 glass a day for women and 2 glasses per day for men.



Have a happy, healthy year!

Find more information about any of these health topics at [www.mycarefirst.com](http://www.mycarefirst.com)





Sitges, Spain



### Healthy Weight

Did you gain a few pounds over the holidays? Being overweight can lead to high blood pressure, heart disease and diabetes, so it's important to watch what you eat and get plenty of exercise.

Start the year off right by making a plan to eat right and exercise.

If you're trying to lose weight or maintain a healthy weight, eat a variety of nutritious foods and limit the amount of fat and sugar you eat. Read food labels to be sure you are getting the nutrients your body needs.

Tell your doctor if you want to start a new diet or exercise plan.

Visit our online Weight Management Center at [www.carefirst.com/weight](http://www.carefirst.com/weight).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																														
<div>December 2008</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr></table>		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				<div>February 2009</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr></table>			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	1	2	3
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																																																																																	
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																																																																														
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																																																																														

### January

Cervical Cancer Screening Month

Glaucoma Awareness Month



#### Health Tips

- Fad diets usually make you gain weight back when you finish. By reducing portion sizes and eating a variety of healthy foods, you will develop healthy eating habits that will help you to maintain weight loss. The portion size diagram on the inside cover of this calendar can help.
- Chew your food slowly. It takes 20 minutes for your brain to realize your stomach is full. If you eat quickly, you will eat past the point of being full and be more likely to gain weight.





Monte Carlo, Monaco



Heart Health

The average American diet is high in fat, which increases the risk of heart disease. Studies of people who eat a diet that is common in the Mediterranean region have shown lower rates of heart disease and some forms of cancer. The Mediterranean diet has a large amount of fruit, vegetables, whole grain breads and cereals, beans, potatoes and seeds. It includes a low to moderate amount of dairy products, such as cheese and yogurt. Olive oil is the main source of fat. Fish and poultry are much more common than red meat. Desserts are usually fruits, and sweets are rare. A glass of wine is common with lunch or dinner. We can't credit just one part of the Mediterranean diet for providing health benefits; however, experts believe that the high amount of omega-3 fatty acids greatly helps to lower the risk of heart disease.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
1	2	3	4	5	6	7																																																																																				
32	33Groundhog Day	34	35	36	37National Wear Red Day (promoting awareness of heart disease in women) Give Kids a Smile Day	38																																																																																				
8	9	10	11	12	13	14																																																																																				
39	40	41	42	43	44	45Valentine's Day National Donor Day																																																																																				
15	16	17	18	19	20	21																																																																																				
46	47Presidents' Day	48	49	50	51National Women's Heart Day visit www.sistertosister.org	52																																																																																				
22	23	24	25	26	27	28																																																																																				
53National Eating Disorders Awareness Week	54	55Mardi Gras	56Ash Wednesday	57	58	59																																																																																				
			<div>January 2009</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><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>31</td></tr></table>		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	<div>March 2009</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr></table>		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				
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																																																																																				
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																																																																																								

February

- American Heart Month
- Wise Health Consumer Month
- National Children's Dental Health Month



Health Tips

- When cooking, choose healthier oils, such as olive oil or canola oil.
- For a healthy afternoon snack, try a handful of nuts, like almonds or walnuts.





Sorrento, Italy

# March 2009



## National Nutrition Month

Healthy eating is a key to preventing high blood pressure, high cholesterol, heart disease, obesity and many other diseases. For ways to eat better, visit our online Nutrition Center at [www.carefirst.com/nutrition](http://www.carefirst.com/nutrition).

To make sure you are eating a healthy diet, choose a variety of foods every day. Read food labels to find foods that are low in sugar, salt and fat.

The best way to keep track of what you are eating is to keep a food diary. Use a notebook to write down everything you eat and how much of it you eat each day. Write down where you eat and how you are feeling when you eat. This can help you to discover your eating patterns. If you learn that stress is causing you to overeat or eat unhealthy foods, ask your doctor for better ways to manage stress.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																													
1	2	3	4	5	6	7																																																																													
60	61	62	63	64	65	66																																																																													
8	9	10	11	12	13	14																																																																													
National Patient Safety Awareness Week Daylight Savings Time begins	68	69	70	71	72	73																																																																													
15	16	17	18	19	20	21																																																																													
National Inhalants & Poisons Awareness Week	75	76	77	78	79	80																																																																													
22	23	24	25	26	27	28																																																																													
81	82	83	84	85	86	87																																																																													
29	30	31	<div>February 2009</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr></table>		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	<div>April 2009</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr></table>		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		
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																																																																													
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																																																																															
88	89	90																																																																																	

# March

National Nutrition Month  
Colorectal Cancer Month



## Health Tips

- It's Colorectal Cancer Month. Should you be tested? Find out by checking our preventive health guidelines at [www.carefirst.com/prevention](http://www.carefirst.com/prevention).
- Get the most nutrition from your food by shopping around the outer edge of the supermarket. That's where the freshest, most nutritious foods are found: fruit, vegetables, bread, fish, yogurt, milk and nuts. Try not to buy prepackaged foods, which are usually high in sodium and preservatives.





Valletta, Malta

# April 2009



## Stress

Studies of the Mediterranean region show that people who live longer tend to have strong social support networks. Large, extended families are common there.

It’s important for everybody to have somebody to lean on, whether it’s a friend, family member or other trusted person in your life.

If you are feeling stressed, it’s important to find someone to talk to. By managing stress, you can:

- better control your blood pressure, which lowers your risk of heart disease
- prevent overeating, which helps to control your weight
- sleep better

And that’s what will help you to live a longer and happier life!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>March 2009<div>S M T W T F S1 2 3 4 5 6 78 9 10 11 12 13 1415 16 17 18 19 20 2122 23 24 25 26 27 2829 30 31</div></div>		1	2	3	4
			April Fool's Day91	92	93	Alcohol-free Weekend94
5	6	7	8	9	10	11
Palm Sunday95	96	World Health Day97	Passover begins at sundown98	National Alcohol Screening DayAre you aware of alcohol's effect on your health?99	Good Friday100	101
12	13	14	15	16	17	18
Easter102	103	104	105	106	107	108
19	20	21	22	23	24	25
109	110	111	Administrative Professional's DayEarth Day112	113	114	115
26	27	28	29	30		
National Infant Immunization WeekMake sure your child's shots are up-to-date.116	Melanoma MondayProtect yourself against skin cancer.117	118	National Walk @ Lunch Day119	120	<div>May 2009<div>S M T W T F S1 2 3 4 5 6 7 8 910 11 12 13 14 15 1617 18 19 20 21 22 2324 25 26 27 28 29 3031</div></div>	

# April

- Cancer Control Month
- Alcohol Awareness Month
- National STD Awareness Month
- Child Nutrition Month



## Health Tips

- To manage stress, get enough rest, eat balanced meals, set realistic goals, make time for yourself and ask for help from your boss or your family if you need it.
- Look into alternative ways to manage stress, such as yoga, meditation, and guided imagery.





May  
2009



Blood Pressure

There is a lower rate of high blood pressure in the Mediterranean region. This can be linked to the low-sodium diet and the amount of exercise common to this area. The National Heart, Lung, and Blood Institute has developed the DASH low-sodium diet. It is similar to the Mediterranean diet because it is rich in fruits, vegetables, and low-fat dairy foods and low in saturated and total fat. It also is low in cholesterol; high in fiber, potassium, calcium, and magnesium; and moderately high in protein. For more information on the DASH diet, visit [www.nih.gov](http://www.nih.gov) and search for DASH diet or call 800-575-WELL.

For more help in managing your blood pressure visit our online Blood Pressure Control Center at [www.carefirst.com/bp](http://www.carefirst.com/bp).

Blood Pressure Level		
Risk Category	Systolic	Diastolic
Normal	120 or less	80 or less
Prehypertension	120-139	80-89
Hypertension	140 or higher	90 or higher

Ajaccio, Corsica

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<div><div>April 2009</div><table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr></table></div>	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			<div><div>June 2009</div><table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr></table></div>	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
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																																																																																						
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																																																																																							
3	4	5	6	7	8	9																																																																																				
123	Childhood Depression Awareness Day 124	Cinco de Mayo 125	Nurse's Day 126	127	May Day 121 128	122 129																																																																																				
10	11	12	13	14	15	16																																																																																				
National Women's Health Week Mother's Day 130	Women's Check-up Day Schedule your routine GYN Visit, pap smear and mammogram 131	Fibromyalgia Awareness Day 132	133	134	135	136																																																																																				
17	18	19	20	21	22	23																																																																																				
137	HIV Vaccine Awareness Day 138	139	140	141	142	143																																																																																				
24	25	26	27	28	29	30																																																																																				
144																																																																																										
31																																																																																										
World No Tobacco Day 151	Memorial Day 145	146	National Senior Health & Fitness Day 147	148	149	150																																																																																				

May

- Asthma and Allergy Awareness Month
- National Arthritis Month
- Hepatitis Awareness Month
- High Blood Pressure Education Month
- Stroke Awareness Month
- Skin Cancer Awareness Month
- Lyme Disease Awareness Month
- Mental Health Month
- Physical Fitness and Sports Month
- Osteoporosis Awareness and Prevention Month

Health Tips

- To control your blood pressure:
- Maintain a healthy weight.
  - Exercise regularly.
  - Limit the sodium in your diet. Substitute herbs, spices and no-salt seasonings for salt and high-sodium gravy and sauce mix.
  - Don't smoke.
  - If you take medicine for high blood pressure, know how and when to take it. Don't stop taking it unless your doctor tells you to stop.

Find more information about any of these health topics at [www.mycarefirst.com](http://www.mycarefirst.com)





Portofino, Italy



Physical Activity

Physical activity plays a major role in the Mediterranean lifestyle. Don't let modern conveniences like elevators, cars and computers keep you from an active lifestyle.

Just 30 minutes of activity per day is all it takes to stay in shape. If you don't have time for a full workout, get a boost of energy while getting fit by adding these activities to your daily routine:

- Take the stairs instead of the elevator or escalator.
- Walk, bike or take the bus to wherever you have to go. You'll save money on gas, too!
- Get off the bus or metro 1 stop ahead of where you need to go and enjoy the walk.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
National Cancer Survivor's Day Headache Awareness Week 158	159	160	161	162	163	164
14	15	16	17	18	19	20
Flag Day 165	166	167	168	169	170	171
21	22	23	24	25	26	27
Men's Health Week Father's Day First Day of Summer 172	Men: Schedule a prostate exam. 173	174	175	176	177	178
28	29	30				
179	180	181				

June

Home Safety Month  
Vision Research Month  
Fireworks Safety Month



Health Tips

- An exercise buddy will help you stick to your routine. It's more fun to exercise with someone else, and you will help each other to stay motivated. Ask a friend, co-worker or neighbor.
- Have a competition with your co-workers. See who can walk the most on your lunch break or who can take the stairs most often.





Nice, France



Cancer Prevention

The American Cancer Society says that you can lower your risk of cancer of the throat, breast and urinary and digestive tracts with:

- daily exercise
- a diet that takes about 40% of its calories from healthy fat and about half from complex carbohydrates

Healthy fats are found in such foods as olive oil, avocados, nuts, and fish. Complex carbohydrates are found in whole grains, fruits and vegetables.

For better health, the American Cancer Society also says you should eat fewer fatty meats, and try not to eat butter and cream. If you must eat butter, look for cholesterol- and fat-free versions and use only small amounts. Use fat-free milk instead of cream.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																												
<div>June 2009</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr></table>		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					<div>August 2009</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr></table>		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	<div>Independence Day</div> <div></div>
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																																																																																																
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																																																																																																	
			<div>Canada Day</div>																																																																																															
5	6	7	8	9	10	11																																																																																												
186	187	188	189	190	191	192																																																																																												
12	13	14	15	16	17	18																																																																																												
193	194	<div>Bastille Day</div>	196	197	198	199																																																																																												
19	20	21	22	23	24	25																																																																																												
200	201	202	203	204	205	206																																																																																												
26	27	28	29	30	31																																																																																													
207	208	209	210	211	212																																																																																													

July

Eye Injury Prevention Month  
National Therapeutic Recreation Month



Health Tips

- To add more vegetables to your diet, mix grated carrots or zucchini in your pasta sauce and soups.
- Eat from the rainbow. Choosing foods in a variety of colors will help you to get all of the nutrients your body needs. Try colorful fruits and vegetables for a healthy snack.





St. Tropez, France



You Can Quit Smoking

Smoking is the number 1 cause of preventable death in America. Inhaling someone else’s smoke is just as dangerous as smoking yourself.

The good news is that you can reverse the effects of smoking if you quit.

Taking these 5 steps will help you quit smoking for good:

- 1. Set a date and throw away all smoking materials.
- 2. Get support from your doctor, family, friends and co-workers. Enroll in a support group.
- 3. Find new activities to distract yourself from smoking and relieve stress.
- 4. Get medication and nicotine replacement therapy and use it correctly. Ask your doctor which is best for you.
- 5. Don’t be around alcohol, other smokers and stressful situations. If you slip, you can always start again.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<div>July 2009</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td></td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr></table>	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		<div>September 2009</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr></table>	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
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																																																																																					
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																																																																																							
2	3	4	5	6	7	8																																																																																				
214	215	216	217	218	219	220																																																																																				
9	10	11	12	13	14	15																																																																																				
221	222	223	224	225	226	227																																																																																				
16	17	18	19	20	21	22																																																																																				
228	229	230	231	232	233	234																																																																																				
23	24	25	26	27	28	29																																																																																				
235	236																																																																																									
30	31																																																																																									
242	243	237	238	239	240	241																																																																																				

August

National Immunization Awareness Month



Health Tips

When the urge to smoke hits you, try these tips:

- Breathe in deeply and slowly breathe out. Do this 3 times.
- Snack on low-calorie foods like celery, carrots or sugar-free gum.
- If you’re about to pick up a cigarette, wait 10 minutes. By that time, the urge should pass.
- If people around you are smoking, don’t be afraid to ask them to stop.



# September 2009



Santorini, Greece



## Cholesterol

Research has shown that olive oil, which plays a major role in the Mediterranean diet, can help lower harmful LDL cholesterol. Cholesterol is a fatty, waxy substance in the arteries. If too much cholesterol builds up, you can develop heart disease. Olive oil contains antioxidants that help to prevent artery clogging and chronic diseases.

Visit our online Cholesterol Center at [www.carefirst.com/cholesterol](http://www.carefirst.com/cholesterol) for more information on how to control your cholesterol.

### Normal Cholesterol Numbers

LDL (Bad cholesterol)	Less than 100 mg/dL
HDL (Good cholesterol)	Men: more than 40 mg/dL Women: more than 50 mg/dL
Triglycerides	Less than 15 mg/dL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
		1	2	3	4	5																																																																																																		
		244	245	246	247	248																																																																																																		
6	7	8	9	10	11	12																																																																																																		
Grandparent's Day Suicide Prevention Week 249	Labor Day 250				Patriot Day 254																																																																																																			
13	14	15	16	17	18	19																																																																																																		
256	257	Take a Loved One to the Doctor Day 258	259	260	Rosh Hashanah begins at sundown 261	262																																																																																																		
20	21	22	23	24	25	26																																																																																																		
Adult Immunization Awareness Week 263	264	First Day of Autumn 265	266	267	268	Family Health & Fitness Day 269																																																																																																		
27	28	29	30	<div>August 2009</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr></table>		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						<div>October 2009</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><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><tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>	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						
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																																																																																																							
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																																																																																																								
Yom Kippur begins at sundown 270	271	272	National Women's Health & Fitness Day 273																																																																																																					

## September

Baby Safety Month

Gynecological Cancer Awareness Month

Leukemia & Lymphoma Awareness Month

National Cholesterol Education Month

Ovarian Cancer Awareness Month

Prostate Cancer Awareness Month



### Health Tips

- Choose olive oil or canola oil instead of butter or other types of oil.
- Olive oil has just as many calories as other oils, so use small amounts.





Marseilles, France



Breast Cancer Awareness

Early detection and effective treatment are keys to reducing the number of women who die from breast cancer. If you are a woman aged 40 or older, talk to your doctor about getting a mammogram. It could save your life.

A study of breast cancer survivors in California showed that eating 5-6 servings of fruits and vegetables per day and walking for 30 minutes, 6 days per week may help prevent the disease from returning.

Drinking alcohol puts you at greater risk for breast cancer, so if you want to drink, have only a small amount. Women should not have more than 1 drink per day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<div>September 2009</div> <div><table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr></table></div>	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				<div>November 2009</div> <div><table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr></table></div>	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
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																																																																																							
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																																																																																									
4	5	6	7	8	9	10																																																																																				
National Fire Prevention Week Drive Safely Work Week 277	Child Health Day 278	279	Yom Kippur begins at sundown 280	National Depression Screening Day 281	282	283																																																																																				
11	12	13	14	15	16	17																																																																																				
National Health Education Week 284	Rosh Hashanah Columbus Day 285	286	287	288	Boss's Day National Mammography Day Schedule yours today! 289	290																																																																																				
18	19	20	21	22	23	24																																																																																				
291	292	293	294	295	National Red Ribbon Week For Drug-free Youth 296	297																																																																																				
25	26	27	28	29	30	31																																																																																				
298	299	300	301	302	303	304 Halloween																																																																																				

October

- Domestic Violence Awareness Month
- Healthy Lung Month
- Breast Cancer Awareness Month
- National Dental Hygiene Month
- Talk About Prescriptions Month
- Health Literacy Month

Health Tips

- Get your mammogram 1 week after your period, when the breasts are less sensitive. To ensure a clearer reading, do not wear perfume, lotion or powder under your arms or on your breasts on the day of the mammogram.
- October is the best time to get a flu shot. Older adults and people with chronic illnesses like asthma and diabetes are at greater risk for the flu. Ask your doctor if you should have a flu shot.





Prats de Luçanés, Spain



Diabetes Management

The American Diabetes Association reports that when people follow a diet high in whole grains, fruits, vegetables, legumes, walnuts, and olive oil, they can lower their chances of getting heart disease and type 2 diabetes. People who already have diabetes can better control their condition by following a Mediterranean-style eating plan.

When you eat better and get daily physical activity, you will see lower blood sugar, insulin, blood pressure and cholesterol readings as well as a healthier weight, increased energy and a better sense of wellbeing.

Visit our online Diabetes Center at [www.carefirst.com/diabetes](http://www.carefirst.com/diabetes).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Daylight Savings Time Ends 305	306	Election Day 307	308	309	310	311
8	9	10	11	12	13	14
312	313	314	Veteran's Day 315	316	317	318
15	16	17	18	19	20	21
319	320	321	322	Great American Smokeout 323	324	325
22	23	24	25	26	27	28
326	327	328	329	Thanksgiving Day 330	331	332
29	30					
333	334					

November

National Healthy Skin Month

Diabetic Eye Disease Month

American Diabetes Month

Alzheimer's Disease Awareness Month

Lung Cancer Awareness Month

COPD Awareness Month



Health Tip

If you have diabetes, adding 1 gram of cinnamon per day (about ½ teaspoon) to your food may lower your blood sugar and cholesterol. Cinnamon can add flavor to tea, orange juice, oatmeal, coffee before brewing, salads, toast and more.



# December 2009



Athens, Greece



## Depression

Life can bring many challenges – job loss, chronic illness, loss of loved ones – and dealing with them is not easy. Physical activity as well as fruits, nuts, vegetables, cereals and fish have been shown to help keep you in a better mood, says the National Institutes of Health.

If you have been feeling down, and the feelings won’t go away, you could be suffering from depression. You can get help by talking to your doctor.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
<div>November 2009</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr></table>	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
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																																															
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																																												

## December

National Drunk and Drugged Driving Prevention Month

Safe Toys and Gifts Month



## Health Tips

- If you are taking medication for depression, follow these tips:
- Take your medication as prescribed. It may take several weeks for you to feel better.
  - If you have side effects from your medication, call your doctor.
  - During the first 3 months of treatment, see your doctor so he or she can adjust your medication, if necessary.





## Resources

For more information, visit our Web site at  
[www.mycarefirst.com](http://www.mycarefirst.com)



Every effort has been made to ensure that the dates of all events in this calendar are correct. However, we will not be held liable for any inaccuracies.

*CareFirst BlueCross BlueShield is an independent licensee of the Blue Cross and Blue Shield Association. ® Registered trademark of the Blue Cross and Blue Shield Association.  
 ® Registered trademark of CareFirst of Maryland, Inc.*

Photographs in this calendar were provided by Joanne Drummond

© Copyright 2008 CareFirst BlueCross BlueShield

MIS5047-9S (9/08)

## Health Resources

Alzheimer's Association.....	www.alz.org.....	800-272-3900
American Association of Diabetes Educators.....	www.aadenet.org.....	800-338-3633
American Cancer Society.....	www.cancer.org.....	800-227-2345
American Council on Exercise.....	www.acefitness.org.....	888-825-3636
American Diabetes Association .....	www.diabetes.org .....	800-342-2383
American Dietetic Association .....	www.eatright.org.....	800-877-0877
American Heart Association .....	www.americanheart.org.....	800-242-8721
American Liver Foundation.....	www.liverfoundation.org.....	800-465-4837
American Lung Association .....	www.lungusa.org.....	800-586-4872
American Medical Association.....	www.ama-assn.org.....	800-621-8335
Arthritis Foundation .....	www.arthritis.org .....	800-283-7800
CDC National STD Hotline .....	www.cdc.gov/std/ .....	800-232-4636
Spanish .....		800-232-4636
TTY .....		888-232-6348
Clearinghouse for Alcohol/Drug Info.....	www.health.org.....	800-729-6686
Eldercare Locator .....	www.aoa.dhhs.gov .....	800-677-1116
National Cancer Institute .....	www.cancer.gov.....	800-422-6237
National Center for Complementary And Alternative Medicine .....	www.nccam.nih.gov .....	888-644-6226
National AIDS Hotline.....	www.cdcnpin.org .....	800-458-5231
National Child Abuse Hotline .....	www.childhelpusa.org .....	800-422-4453
National Council on the Aging.....	www.ncoa.org .....	800-424-9046
National Council on Alcoholism.....	www.ncadd.org.....	800-622-2255
National Headache Foundation .....	www.headaches.org .....	888-643-5552
National Health Information Center .....	www.health.gov/nhic .....	800-336-4797
National Institutes of Health .....	www.nih.gov .....	301-496-4000
National Mental Health Association .....	www.nmha.org .....	800-969-6642
National Osteoporosis Foundation .....	www.nof.org .....	800-231-4222
National Safety Council .....	www.nsc.org.....	800-621-7619
National Stroke Association.....	www.stroke.org.....	800-787-6537
USDA/Food Safety & Inspection Service.....	www.fsis.usda.gov .....	800-535-4555