

# JANUARY 2021

## 15 Minute Vegetable Soup

### INGREDIENTS:

- 1.5 teaspoons of oil
- 1 onion, diced
- 2 tablespoons of Italian seasoning
- 2 teaspoons of salt
- 1 teaspoon of black pepper
- 2 teaspoons of minced garlic
- 1 can of crushed tomatoes
- 2 cups of sliced carrots
- 1 can of green beans, drained
- 1 can of corn, drained
- 1 can of peas, drained
- 1 can of tomato paste
- 8 cups of either vegetable or low sodium chicken broth

### PROCEDURE:

Heat oil, onion, garlic, Italian seasoning, salt, and pepper in a pan. Sauté for 5 minutes.

Add remaining ingredients and simmer for 5 minutes



SUN	MON	TUE	WED	THU	FRI	SAT
					<b>1 STRENGTH</b> Hold a side plank for 1 minute on each side	<b>2 STRETCH</b> Stretch from cobra pose to downward dog 10 times
<b>3 MENTAL</b> Plan one self-care activity to make this year better than last	<b>4 ENDURANCE</b> Do a wall sit for the length of your favorite song	<b>5 CORE</b> Plank for 1 minute. During the minute, think of wellness goals you want to accomplish this year	<b>6 CARDIO</b> 1 minute of jogging in place, high knees, and butt kicks (3 minutes total)	<b>7 STRENGTH</b> 10 pushups and 10 tricep dips. Repeat 3 times	<b>8 STRETCH</b> Hold a tree pose for 1 minute	<b>9 MENTAL</b> Make a list of 10 things you enjoy doing. Work to do each of these things this year
<b>10 FOOD</b> Plan at least 2 veggie packed meals for this week	<b>11 ENDURANCE</b> 10 lunges, 10 squats, and 10 squat jumps	<b>12 CORE</b> 10 crunches, 10 bicycle crunches, 10 Russian twists, and 10 sit-ups	<b>13 CARDIO</b> Have a dance party to your 3 favorite songs. Keep that body moving!	<b>14 FOOD</b> Try 1 new fruit or vegetable	<b>15 STRENGTH</b> Do 5 burpees, 10 sit-ups, and 15 squats	<b>16 STRETCH</b> Try 2 new yoga poses
<b>17 MENTAL</b> Put your phone down for at least 1 hour before bed	<b>18 CARDIO</b> Deep clean at least 1 room in your home	<b>19 FOOD</b> Try to reduce the amount of added sugars you eat. This can be found on nutrition labels!	<b>20 STRENGTH</b> Do 20 push-ups with perfect form! You can do it on your knees or toes, but try not to rest between sit-ups	<b>21 CORE</b> Hold a plank for 1 minute. During that minute, think of things that you are grateful for	<b>22 ENDURANCE</b> Do 100 jumping jacks	<b>23 STRETCH</b> Try to touch your toes 20 times
<b>24 FOOD</b> Drink 3 extra glasses of water, in addition to what you already drink	<b>25 MENTAL</b> Take 10 minutes to silently journal	<b>26 ENDURANCE</b> Do 30 speed squats. Knock them out as fast as possible!	<b>27 CORE</b> Do 50 mountain climbers	<b>28 FOOD</b> Eat at least 1 serving of vegetables with each meal	<b>29 STRENGTH</b> Do 50 bicep curls on each arm with canned foods	<b>30 STRETCH</b> Do 50 calf raises
<b>31 MENTAL</b> Write down at least 3 SMART goals for the rest of the year						

# January 2021 Reference Sheet



Plank



Push-ups



Wall Sits



Jumping Jacks



High Knees



Butt Kicks



Tree Pose



Tricep Dips



Crunches



Lunges



Squats



Jump Squats



Sit-ups



Russian Twists



Bicep Curls



Bicycle Crunches



Burpees



Mountain Climbers



Side Plank



Cobra Pose



Downward Dog

For new yoga poses, try searching the internet for yoga poses, or just try out some new stretches.

**SMART GOALS**  
 S= Specific  
 M= Measurable  
 A= Attainable  
 R= Relevant  
 T= Timely