

2021 Resilient Resolutions Calendar

Take small steps toward better health with Torrance Memorial. This calendar is designed to be hung on your wall, refrigerator or bulletin board.

January – “Set Aim”

Set the stage for the new year by purging old or unhelpful items, completing a personal assessment and setting priorities for the year ahead.

- Rid your kitchen of any spoiled or unhelpful foods to have in the home
- Clean out your closet of any clothes that do not fit or flatter
- Schedule your annual physical
- Highlight particular goals from the calendar you want to focus on and outline any additional goals you want to work on

Personal Goals:

February – “A Matter of the Heart”

Focus on heart health and compassion, both for self and for others.

- Try a new heart healthy recipe this month (visit heart.org)
- Cultivate self-compassion by speaking to yourself as you would to a friend regarding setbacks or failures (see work by Dr. Kristin Neff self-compassion.org/)
- Prioritize self-care, making time especially for sleep and exercise
- Connect with a friend or loved one and offer encouragement

Personal Goals:

March – “Personalize Your Plate”

March is National Nutrition Month and this year’s theme is “Personalize Your Plate.” Nutrition is not one-size-fits-all!

- Identify which food groups or nutrients may be missing from your diet and see if you can add those foods for better meal balance
- Participate in the Torrance Memorial National Nutrition Month challenge
- Consider making an appointment with a registered dietitian nutritionist to help personalize your plate

Personal Goals:

April – “Spring Into Fitness”

Step up exercise this month with small changes. Take it one step at a time!

- Engage in 10 extra minutes of walking daily
- Try an online exercise class (see virtual Torrance Memorial offerings through HealthLinks)
- Mark planned exercise times in your calendar
- Commit to taking the stairs this month

Personal Goals:

May - “Mindful May”

The benefits of mindfulness are well researched. Practicing mindfulness while eating is an excellent way to support healthy eating.

- Decrease distractions while eating (e.g. phones, TV, computers, etc.)
- Use your senses to notice the texture, smell, appearance and taste of foods
- Slow your pace of eating to be able to better notice signals of fullness

Personal Goals:

June - “Soda-Free Summer”

Consider replacing sugar-sweetened beverages with lower calorie or calorie-free beverages.

- Replace one calorie-containing drink a day with water
- Try a new lower calorie or calorie-free beverage such as sparkling water, fruit infused water or herbal tea
- Decrease alcohol intake to meet recommendations of one drink for women or two drinks for men per day

Personal Goals:

July – “Portion Power”

Portion sizes have grown significantly over the years. Give attention to portions this month to fight against portion distortion!

- Practice eating with smaller plates and bowls
- Avoid eating snacks from large packages, portion out a serving into a small dish
- Split a meal or save half for later when dining out

Personal Goals:

August – “Recipe Makeover”

Spend some time giving your favorite recipes a healthy makeover!

- Take a favorite recipe and consider how you could give it a healthy makeover. Replace cream with milk or sour cream with Greek yogurt, etc.
- Find a healthier copycat recipe of a favorite restaurant meal and attempt cooking it at home (find recipe ideas on Torrance Memorial’s Nutrition Blog)
- Check out some recipe ideas on Torrance Memorial’s Nutrition Blog.
- Replace an animal protein with a plant-based protein in a favorite recipe for a meatless meal

Personal Goals:

September – “Sleep Habits”

Good sleep impacts physical and mental health. Focus on forming good sleep habits to improve your wellbeing.

- Prioritize getting adequate amounts of sleep. Make gradual adjustments to your sleep times to achieve this goal
- Leave 30 minutes to wind down before bed, including dim lights, calming activities and no screen time
- Avoid caffeine in the afternoon and evening to limit sleep disruption
- Decrease late night eating with a goal of only a light snack if any in the evening time

Personal Goals:

October – “Whole-o-ween”

Spooked by all the additives in the food you eat? Aim to increase your intake of whole foods and decrease your intake of processed foods this month.

- Replace processed meat choices with fresh meat or plant-based protein options
- Pay attention to ingredient lists on processed foods and try to choose foods with shorter lists and words you can pronounce
- Choose less processed food when dining out, for example opt for a baked potato rather than fries
- Look for risky ingredients like high fructose corn syrup, sodium nitrite and carrageenan in your food and try to choose alternative products

Personal Goals:

November – “Give Thanks”

It is easy to forget to give thanks for the blessings we receive. Gratitude may even play a role in heart health, better sleep and feelings of well-being.

- Keep a daily gratitude journal this month
- Write a letter of thanks to someone who has helped you or made a difference in your life
- Express thanks to someone this month who positively impacts your life
- Spend time to be thankful for all the people involved in providing your basic needs of food and water (e.g. farmers, grocers, cooks, etc.)

Personal Goals:

December – “The Gift of Health”

Reflect on the progress you’ve made through making small changes throughout this year. Cherish the health you have and commit to making your health a continued priority in the year to come.

- Consider what health-related behaviors have changed in the past year
- Complete a SWOT analysis, identifying Strengths, Weaknesses, Opportunities and Threats regarding your health behaviors. Use this to help set goals for next year
- Consider what gift you might give someone to encourage them in their health journey
- Consider what self-care gift you can give to encourage your own health journey (e.g. the gift of time to exercise)

Personal Goals: