

# December 2020

Finish healthy, finish strong!

There's no getting around it — 2020 has been a hard year. And while you might have been able to hit your health goals, if you're like most of us, eating well and getting in your daily exercise haven't always made the priority list. But you have 31 more days to end this year on the highest note possible — and get a head start on a healthier and happier 2021.

TUE  
01



## INSPIRATIONAL TUESDAY

*"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."*

—Michael Jordan

WED  
02



Winter has a lot going for it, but fresh produce isn't exactly top of the list. Good news! Dig a little deeper and you'll find delicious winter veggies ready to make your plate healthier. [Here are our favorite winter superfood recipes.](#)

THU  
03



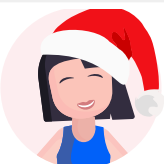
It can be tempting to ignore your step counter when the cold winds of winter blow, so we've pulled together [our best tips to keep up your walking habit](#) no matter what the weather forecast holds.

FRI  
04



**Almost any rich or cheesy dish can be made healthier** by substituting in a lower-fat ingredient. Here's a swap we love: Instead of the big hunk of butter in your mac and cheese, make a cream sauce from whipped low-fat cottage cheese.

SAT  
05



The holidays stress out many people, and this year's need for social-distanced celebrations may add a little more stress. Here's how you can [tame your holiday anxiety](#) and enjoy every moment of the season.

SUN  
06



Shorter, colder days and longer nights can make it tempting to overdo it on winter comfort foods and snacks. Be mindful of the urge, and if you're really hungry between meals, **have a cup of vegetable soup or an apple with nut butter.**

MON  
07



It's Monday — let's get moving! Here's a [simple but powerful step-up exercise](#) to strengthen your quads and glutes and get your heart rate up.

# December

TUE  
08



## INSPIRATIONAL TUESDAY

*"There are two ways of spreading light: to be the candle or the mirror that reflects it."*

—Edith Wharton

WED  
09



With so many tempting treats around during the holidays, making healthy swaps at mealtimes can let you indulge a bit. Here are [10 easy low-carb swaps to get you started](#).

THU  
10



On this first night of Hanukkah, take a break from the stress of the season. For those who celebrate, **use the ritual of lighting the first candle as a time to reflect on all you have to be grateful for** and let these feelings of gratitude carry you forward.

FRI  
11



It's the season of celebration, which means lots more opportunities to fall off the healthy food wagon. Here are some ways to [enjoy the festivities while staying on track with your eating](#).

SAT  
12



If you're keeping up with your walking this month — good for you! How about adding in some upper body work? This [Upright Row](#) **works your shoulders and arms** and can be done with free weights, or even shopping bags with a couple soup cans in each bag.

SUN  
13



Celebrate National Cocoa Day by **whipping up a healthy version of this classic winter treat**: unsweetened cocoa powder, stevia, oat milk, and a splash of vanilla extract.

MON  
14



Holiday planning, kids doing school at home, wrapping up work projects — there's a lot to stress out about this time of year! [Watch this video from Livongo Expert Coaches](#) to get tips on how to calm down and enjoy the season.

TUE  
15



## INSPIRATIONAL TUESDAY

*"May your walls know joy, may every room hold laughter, and every window open to great possibility."*

—Mary Anne Radmacher

WED  
16



Ordering your groceries online makes it easier to choose healthy foods (and avoid tempting treats) while staying inside, out of the cold, and away from the germs. **Download a delivery service app and stock up on the good stuff!**

THU  
17



The hectic holidays mean you might not have as much time for your workouts as usual. Don't give up — exercise in shorter bursts! **Just 10-20 minutes of jogging, walking, or strength training can do wonders for your body.**

# December

FRI  
18



Holiday drinks can pack a wallop of calories. [Learn how many are in your holiday favorites](#) — [and how to cut back](#) without sacrificing any fun.

SAT  
19



The holidays can bring up lots of emotions — and not all of them are joyful. **If you're lonely or grieving a loss this year, give yourself space** and acknowledge the feelings that are coming up for you.

SUN  
20



**Banish the winter breakfast blahs with good-mood foods:** oatmeal with slivered almonds or peanut butter on sprouted wheat toast. It's a great way to start the day.

MON  
21



Celebrate the winter solstice — the darkest day of the year — by getting an epic night of sleep and kicking off a healthy sleep routine. Here are our favorite tips for [sleeping longer and more soundly](#).

TUE  
22



## INSPIRATION TUESDAY

*"Winter is the time for comfort, for good food and warmth, and for a talk beside the fire: it is the time for home."*

—Edith Sitwell

WED  
23



Planning your feast? **Swap out your traditional sausage stuffing for a savory lentil casserole.** You'll cut down on calories and saturated fat by omitting the meat and add a healthy dose of fiber.

THU  
24



**For those who celebrate Christmas Eve, start a new tradition this year: The Great Neighborhood Stroll.** Before dinner tonight, bundle up and walk your neighborhood with your family. You can ooh and ahh over the lights and decorations while getting in some exercise before the festivities tomorrow.

FRI  
25



Merry Christmas to all who celebrate the holiday — enjoy the day with your family!

SAT  
26



**Today is the first day of Kwanzaa**, the 7-day festival that celebrates African and African American culture and history. Take the time tonight to light a candle and celebrate Umoja (Swahili for "unity").

SUN  
27



As the year winds to a close, take a few minutes today to wind yourself down a bit, too. Grab a cup of herbal tea, find a quiet place to sit, and [chill out with this video of winter scenes and soothing music](#).

# December

MON  
28



It's National Call a Friend Day! **Think of someone you'd like to reconnect with and make the call today.** You'll not only make their day, you'll get an endorphin boost that can make yours, too.

TUE  
29



## INSPIRATION TUESDAY

*"Kindness is like snow. It beautifies everything it covers."*

—Kahlil Gibran

WED  
30



**Finish the month strong with this classic Runner's Lunge exercise.** It's easy to do anytime, anywhere, and is proof you don't need a bunch of equipment to get a great workout!

THUR  
31



Happy New Year's Eve! It's been a hard year for many of us, but it's good to look for silver linings. **Take time today to think about all you have to be grateful for** and your hopes and dreams for the year to come.

## Not a Livongo Member?

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