

November 2020

Grateful for Health

National Diabetes Month

The healthy tips and swaps in this month's calendar make it easier to manage diabetes — or prevent it altogether. You can share this calendar with loved ones who have diabetes.

Welcome to November! Research shows that a daily practice of noticing and reflecting on what you're grateful for can help you enjoy life more, improve your health, deal with adversity better, and build stronger relationships (even from 6 feet away or over video!). So get ready to have an attitude of gratitude all month long!

SUN
01



November is usually the month of big family gatherings, but with COVID-19, things look a bit different this year. It's natural to feel disappointed when you see your holiday plans changing, but [here are some of our best tips](#) for bouncing back when plans change.

MON
02



Whether your gym is still closed or you're just looking to round out your home exercise routine, we love this one: the **Single Leg Reverse Squat exercise**. All you need is 5 minutes and a chair for balance. Make sure to do both legs!

TUE
03



INSPIRATIONAL TUESDAY
"The more grateful I am, the more beauty I see."
—Mary Davis

WED
04



Try starting your day with a 5-minute gratitude meditation. Reflect on the things in your life you're most grateful for and really experience that feeling of appreciation. You can be grateful for anything, from your home to your family to that cup of coffee you've got waiting for you when you're done.

THU
05



With cooler temperatures and smaller crowds at your favorite recreation spots, fall is one of the very best times to get outside and get moving. **Today, catch the last glimpses of fall foliage with a hike on your favorite trail.**

FRI
06



We're loving all the cauliflower swaps that are helping people cut back on carbs, and this **Cauliflower Pizza Crust recipe** is one of our favorites. Just add a bit of sauce, some low-skim mozzarella, and fresh basil leaves, and indulge (healthfully!).

SAT
07



Staying in tonight? **Cozy up to a bowl of chili!** Lighten things up by swapping out the ground beef for lean ground turkey, rinsing the beans to remove some of the added sodium, and going easy on the cheese.

SUN
08



Yes, these Arm Circles may look like you're not exercising, but give it 5 minutes and — whoa! Best of all, you don't need any special equipment to give your arms a serious workout.

MON
09



Sweet potatoes are one of our favorite go-to's for fall meals. They're high in fiber, filling, and so delicious. Try cooking them just like you would a regular potato: Rub the outside with extra-virgin olive oil, pierce a couple of times with a fork, and bake at 425°F for 45 minutes. When done, cut down the middle, fluff, and season as you like.

TUE
10



INSPIRATIONAL TUESDAY

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

— Melody Beattie

WED
11



Before you head to bed, make up a batch of overnight oats for tomorrow's breakfast: rolled oats, your favorite milk (dairy or no), a bit of cinnamon, a splash of vanilla, and a touch of maple syrup. Cover and put in the fridge. Voila!

THU
12



Got the 3 PM munchies? **Swap out your regular cheese-and-cracker snack for apple slices with almond butter.** You'll boost your protein, as well as lower your carbs and saturated fat.

FRI
13



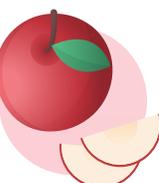
Don't let shorter days make you give up your early morning or evening walk. Just be smart and safe: **Wear a reflective vest and shoes and even a headlamp if you need the extra light.** We promise: You'll feel so much better when you stick to your routine!

SAT
14



Fall is the time to **refresh and rejuvenate your mind and spirit.** Get out of a rut with an online art class. Take a day trip to somewhere you've never been before. Schedule a video chat with an old friend you've been meaning to reconnect with.

SUN
15



Fall brings us a bounty of fresh apples, ripe and ready to make every day a bit brighter. **Here are our five favorite healthy and delicious apple recipes.**

MON
16



Tempted by those delicious fruit-and-nut breads at your coffee shop? You know, the ones that are really “cake” masquerading as “bread”? **Satisfy your craving by making one at home** where you can control the amount of sugar and fat.

TUE
17



INSPIRATION TUESDAY

“When I started counting my blessings, my whole life turned around.”

—Willie Nelson

WED
18



As winter approaches, **it’s important to recommit to your exercise and fitness goals.** Keep your eye on the prize and find that inner motivation to get through those days when you’d rather hit the snooze button than lace up your sneakers.

THU
19



The holiday season can be a stressful time, and with all the changes in our lives this year, we need more stress management tools than ever! **Here are 8 Ways to Better Manage Stress.** You deserve some peace of mind!

FRI
20



Research shows that as temperatures drop and days get shorter, we start eating more. So be mindful of what, when, and how you’re eating. **Track your food and drinks** several days per week in your Livongo app to get a better understanding of what’s going into your body.

SAT
21



You wait all year for **pumpkin spice latte season**, but did you know a small cup can have up to 300 calories and 11 grams of fat? Swap the coffee shop version for a healthier one you make at home: espresso, pumpkin pie spice, a bit of pumpkin puree, nonfat milk, vanilla extract and a bit of agave syrup. Blend and sip!

SUN
22



It’s National Go for a Ride Day, so **bring back that age-old tradition of the Sunday drive.** Find a spot you’ve never been before, pack a healthy picnic, and hit the road. You can take in a new view, get fresh air, and feel the stress melt away.

MON
23



Reading is the perfect indoor activity for colder days and nights, and having a group can make reading more fun and rewarding. **Join or start a book club — even if it’s virtual!**

TUE
24



INSPIRATION TUESDAY

“Gratitude for the present moment and the fullness of life now is the true prosperity.”

—Eckhart Tolle

WED
25



Is your mind racing with all the prep you need to get done before your big meal tomorrow? We’ve got you covered! **Here’s a great article** with more tips to help you get through the stress of the season.

THU
26



Happy Thanksgiving! [Here's a cheat sheet](#) to help you enjoy the bounty of today's festivities without waking up tomorrow with a stuffing, potato, or pie "hangover."

FRI
27



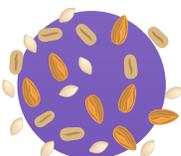
You may be tempted to sit on the couch and recover from the big feast yesterday, but don't give in! **Go for a 30-minute walk** this morning and take time to remember how grateful you are for your friends, your family, and your body!

SAT
28



Scientists recommend that you don't try to "make up" for lost sleep by sleeping in on the weekends. It's better to have the same schedule every night of the week. [Here are our best tips on how to fall asleep faster](#) so you can reset your sleep clock and get proper shut-eye.

SUN
29



Finish the month strong with some more clever food hacks! Check out our video [10 Low-Carb Swaps for Fall](#) for some creative recipes to trim carbs from the best comfort foods.

MON
30



End this month of gratitude by **making a list of all the things that happened over the past few weeks that you're thankful for**. Then carry that attitude of gratitude into the rest of the busy and joyous holiday season!

Not a Livongo Member?

Livongo offers support for diabetes, blood pressure, and more!

See if you're eligible at enjoy.livongo.com/STATEOFVERMONT/new

or call (800) 945-4355.