

# EDITORIAL CALENDAR 2020

**JAN  
FEB**

## **Starting Points**

The new year brings new opportunities to reflect on your quality of life. Embrace where you are right now, celebrating your strengths and acknowledging your challenges, knowing that even the smallest steps can lead to big gains.

**APR**

## **Hit Refresh**

It's easy to be bogged down by old habits and behaviors that can get in the way of your goals. Find the tools and inspiration you need to shift your mindset and clear the way for change that lasts.

**JUN**

## **Ready, Set, Go Outside!**

Spending time in nature not only delivers healthy dividends to body and mind, but it also reminds us how vulnerable our natural world has become. Discover new ways to enjoy — and protect — the great outdoors.

**SEPT**

## **Adapt and Grow**

Change is the only constant in life, so it pays to learn how to shift strategies and mindsets when conditions, routines, and seasons call for it. Tune in to the latest thinking on how to make change work for you.

**NOV**

## **Take a Moment**

There's no time like the present to slow down, listen to your body, and calm your mind. Learn how doing so can help you not just survive, but thrive — especially during the upcoming holiday season.

**MAR**

## **Make It Happen**

Sometimes the most satisfying, meaningful path is the one you forge on your own. Discover fresh approaches and new resources for enhancing your physical, mental, and emotional health and well-being.

**MAY**

## **The Food Issue**

Conflicting research on the benefits of various foods can make grocery shopping — and meal preparation — more fraught than necessary. Our annual guide to healthy eating will help you make sensible choices amid the chaos.

**JULY  
AUG**

## **Dream Big**

Resilience and perseverance are key to achieving our healthy-living goals. Find tools and Olympic-size inspiration for overcoming any obstacles you may face on your journey.

**OCT**

## **For the Greater Good**

Contributing to something bigger than yourself can enhance creativity, energy, and well-being. Explore all the ways you — and your community — can benefit by working together.

**DEC**

## **Go for Joy**

Volumes of research demonstrate the mind-body benefits of joyful moments, but those experiences can sometimes feel out of reach in a world that seldom radiates happiness. These ideas can help you pursue greater joy in everything you do.