

# EDITORIAL CALENDAR 2021

**JAN  
FEB**

## **The Past & Future You**

The new year brings new opportunities to reflect on your life — and create a vision for a healthier future. Get inspired to acknowledge where you are now, to recognize your strengths *and* areas for growth, and to embrace your full potential.

**APR**

## **Keep It Simple**

It's easy to feel overwhelmed by the array of “solutions” for banishing old habits or reaching your healthy-living goals. But change doesn't have to be complicated. These concepts can help shift your mindset and clear the way for lasting progress.

**JUN**

## **Reach New Heights**

As you start to plan for making the most of summer, get ideas for moving outside, expanding your horizons, and setting goals that push you out of your comfort zone. Because that's where the real growth and change happen.

**SEPT**

## **Back to Routine**

It's time to settle into a more organized schedule. From resources for planning your days to tips for prioritizing your own self-care, this content can help you transition into a more intentional healthy-living regimen for fall.

**NOV**

## **Breathe Deep**

There's no time like the present to slow down, listen to your body, and calm your mind. Learn how prioritizing self-care can help you manage the stress of daily life — and that of the upcoming holiday season, too.

**MAR**

## **Onward!**

A year since the start of the pandemic, we've forged ahead one day at a time. As we continue to learn how to embrace these circumstances, find examples of our capacity to adapt and thrive through challenging times.

**MAY**

## **The Food Issue**

Food is about more than what we put in our bodies. In this year's guide to healthy eating, meet health-conscious chefs and foodies, get motivated to grow and cook your own food, learn why food connects us, and more.

**JULY  
AUG**

## **The Future of Health**

It's the 20th anniversary edition! We're marking the occasion by reviewing how healthy living has changed over the years — and making a few predictions about the factors that will affect our collective health in the years to come.

**OCT**

## **Strong & Resilient**

Perseverance and resilience are key to achieving our goals, but they don't always come naturally. Explore tools and inspiration for building and enhancing these skills, so you can overcome any obstacles you may face on your journey.

**DEC**

## **Bring It Home**

As 2021 comes to a close, spend time with the people you love most, celebrate all that you've accomplished, and take an honest look at what your heart truly desires. These ideas will help you wrap up the year on a high note.