



## **Monday – the Healthy New Year's Day of the Week!**

When you start a healthy behavior on Monday, chances are that you will continue that healthy behavior throughout the week. That is the message of Healthy Monday, a campaign to get Americans to adopt healthy behaviors starting on Monday.

You plan your life around the week with Monday as the start. What if each and every Monday became the day to commit to healthy behaviors?



*It's Monday – pull out your walking shoes and head out for a Monday Mile.*

*\*Bring them to work with you!*

On the back is the Monday Mile map for downtown – you can walk it at lunchtime!

*It's Monday – time to kick off a week of healthy eating.*

One day a week cut out meat. This will help reach the program goal of reducing saturated fat intake by 15%!

You can access and download the complete Meatless Monday Cookbook from our website by clicking on the Healthy Monday logo!

You can sign up to get a healthy message each Monday by going to <http://www.healthymonday.org/> or get a healthy tweet through the Twitter site <http://twitter.com/healthymonny>.



These are just a few examples of how easy it is to start your week off healthy, each and every Monday.

**Why should YOU? Because it's simple, it's free, and it makes sense.**

**You can get more information on NKY Healthy Monday initiatives and events by visiting the local Healthy Monday Coalition's Website at <http://healthymondaynky.org/>**

# Central Business Dist Healthy Monday Mile



0 62.5 125 250 375 500 Feet

Distance = 5,491 Feet