

# JANUARY 2022

## NEW YEAR, NEW HEALTH GOALS



### No Bake Peanut Butter Honey Granola Bars

2 2/3 Cups Old Fashioned  
Rolled Oats  
3/4 Cup Creamy Peanut Butter  
1/2 Cup Honey  
Pinch of Salt

Mix all ingredients together and  
place in pan. Flatten into one  
even layer. Cut into bars or  
squares.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
Review your January paychecks to confirm your benefit deductions are correct. Login to Munis ESS to view those at <a href="https://tuscaloosa.munisselfservice.com">https://tuscaloosa.munisselfservice.com</a>			New Exercise Goal: ALWAYS TAKE THE STAIRS!		Better Eating Habit: Read ingredient labels	
2	3	4	5	6	7	8
National Personal Trainer Awareness Day		National Spaghetti Day 	Better Eating Habit: Eat your veggies first!	Employee Skate Night 5-9PM @ Govmt Plaza Ice Skate for \$1 (up to 6 tickets)		National Bubble Bath Day 
9	10	11	12	13	14	15
National Law Enforcement Appreciation Day	National Clean Off Your Desk Day		National Take The Stairs Day 		New Exercise Goal: Try one new workout a month to mix things up!	
16	17	18	19	20	21	22
New Exercise Goal: Get a workout buddy for accountability!			Better Eating Habit: Eat Slower! You will fill up faster!		National Hugging Day 	
23	24	25	26	27	28	29
		Opposite Day		New Exercise Goal: Hold a plank for more than a minute!	Fun at Work Day 	New Exercise Goal: Do something active every week that calms you!
30	31					