**Thyroid Awareness Month**

The thyroid may just be a small gland in the neck, but it produces hormones for many of your body’s vital organs, including your heart, brain, liver and skin. Thyroid disease can happen when too much or too little of these hormones are produced, forcing your body’s functions to speed up or slow down. Thyroid disease can lead to serious negative effects, including weight gain, feelings of anxiety and swelling in the neck.

Thankfully, there are many tests and treatments to determine if you have a thyroid condition. Contact your doctor about a thyroid evaluation if you’ve experienced any pain in your neck while swallowing or noticed any swelling or protrusions near your collarbone. For more information, please visit [www.thyroidawareness.com](http://www.thyroidawareness.com).

**Take Action**

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

Week 1 (12/27/20-1/2) – **Create a wellness plan**

*What do you want to improve this month? Set a short-term health goal and a plan for achieving it.*

Week 2 (1/3-1/9) – **Get started**

*Are you ready? Begin your plan and stick to it.*

Week 3 (1/10-1/16) – **Look for improvement**

*How are you doing? Think about what’s working with your plan and if you need to adjust it.*

Week 4 (1/17-1/23) – **Keep going**

*Are the adjustments helping? Continue with your revised plan and finish the month strong.*

Week 5 (1/24-1/30) – **Reflect**

*Did you reach your goal? Consider what worked with the plan and what should change next month.*