

Effective Communications Month

You chat with family, friends, colleagues and even strangers every day by phone, email and while standing in line at the grocery store. But are you really listening to what they're saying? Do you notice how you respond? Rather than simply nodding your head, make a conscious effort to be an active listener and to speak with intention. You'll find yourself connecting more often and in a more meaningful way with those around you. Find out how in Power of Language in the December 2005 online archive at lifetimefitness.com/magazine.



National Fishing Week

[June 3-11]

A favorite American pastime, fishing is relaxing, fun and rewarding, right down to the nibbles. Kick off summer by spending quality time on the water with your family and friends. Planning a fishing adventure? Visit www.takemefishing.org for tips on landing the big one.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June						
				1	2	3
					National Trails Day: Take advantage of the 200,000 glorious miles of trails in the US! Whether you hike, bike or run, your body and mind will thank you. Discover the benefits of hitting the trails at www.americanhiking.org/events/ntd .	
4	5	6	7	8	9	10
	World Environment Day: Our everyday actions influence the health of the planet, so why not make choices that are more sustainable and eco-friendly? Bike to work instead of drive; turn off the water while brushing your teeth; recycle the plastic bottle left in the park. Every small action counts in the big job of cleaning up and protecting Mother Earth.		Adventure 24 Adventure Race: (9-11) Tennessee's Cherokee National Forest is the backdrop for this 24-hour race, which includes navigation, mountain biking, paddling and trekking. Race organizers say it's friendly enough for novices but still challenging for veterans. Find out more about the race at www.cpadventures.com/adventure24 . To find out whether a multi-day race might be your next big move, check out page TK.			
11	12	13	 <small>Photo: Rick Brownlow</small>		16	17
18	19	20	21	22	23	24
Father's Day: A holiday in the United States since 1972, today's the day to show your father figure some appreciation for all he's done through the years. Send a card, give him a call or, better yet, spend the day with him and tell him how much he means to you.		Summer Solstice: An escape to the outdoors is in order for the first day of summer and the longest day of the year. Take in some fresh air and sunshine during an afternoon nap in the hammock, or go for a late-evening run.		Let-It-Go Day: If you've been holding a grudge against someone you love, take the first step toward letting it go by exploring how it's affected you. By writing in a journal or talking to someone you trust, you can begin to put an upsetting situation into perspective. For more on learning to let go, read Forgive and Forget in the November 2005 archives at lifetimefitness.com/magazine .		
25	26	27	28	29	30	
						

National Flag Week [June 11-17]

Old Glory represents how far we've come in the past 230 years, from 13 colonies to our unified 50 states. This week, take part in an American tradition that dates back to the days of George Washington and Betsy Ross: Raise your own stars and stripes. For flag history, as well as proper flag etiquette, visit www.usflag.org.