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| January Submission Deadline: 10/15/09 | <i>Healthy Winter Recipes</i> | <i>Caring for the Young Spine</i> | <i>Don't Hibernate?</i> | <i>The Pilates Perspective</i> | <i>Good Fats, Bad Fats</i> | <i>Relax Without Leaving Home</i> |
| February Submission Deadline: 11/15/09 | <i>Bone Up on Bone Health</i> | <i>Isn't It Time for a Massage?</i> | <i>Do's and Don'ts During Pregnancy</i> | <i>Healthy From the Feet Up</i> | <i>10 Reasons to Lose Weight</i> | <i>Protein Power</i> |
| March Submission Deadline: 12/15/09 | <i>Dangerous Drug Interactions</i> | <i>Herb Central: 5 Natural Remedies</i> | <i>Make Time for the 20-Minute Workout</i> | <i>A Matter of the Heart</i> | <i>Avoiding Burnout (exercise & diet)</i> | <i>Take a Deep Breath</i> |
| April Submission Deadline: 1/15/10 | <i>Spring Into Health</i> | <i>Tis the Season for Sneezing</i> | <i>Watch Out for Shelf-Life Extenders</i> | <i>A Pain in the Neck (easy solutions)</i> | <i>The Runner's High</i> | <i>Vitamin D-Fense</i> |
| May Submission Deadline: 2/15/10 | <i>Teaching Health From Day One</i> | <i>A Right Way and a Wrong Way to Work Out</i> | <i>Headache Relief Without Drugs</i> | <i>Carb-Conscious Weight Loss</i> | <i>Good Health From A to Z (vit/min)</i> | <i>8 Ways to Reduce Your Cancer Risk</i> |
| June Submission Deadline: 3/15/10 | <i>Summer Shape-Up</i> | <i>Why Not Make It a Meatless Meal?</i> | <i>Going Green</i> | <i>5 Steps to a Healthier You</i> | <i>The Science of Pain Relief</i> | <i>Healthy Skin 101</i> |
| July Submission Deadline: 4/15/10 | <i>Up-Front Facts About Back Pain</i> | <i>Back to Basics (core exercises)</i> | <i>E Is for Enzymes</i> | <i>Start the Day Off Right</i> | <i>It's a Man Thing (Men's Health)</i> | <i>Keeping Your Hormones in Balance</i> |
| August Submission Deadline: 5/15/10 | <i>No-Nonsense Veggies</i> | <i>Ancient Healing Traditions</i> | <i>No Need to Count Sheep</i> | <i>Never Too Old to Eat Right</i> | <i>Simple Exercise Solutions</i> | <i>All About Fiber</i> |
| September Submission Deadline: 6/15/10 | <i>Back to School Lunch Ideas</i> | <i>The Perils of Poor Balance</i> | <i>Ultimate Ab Workout</i> | <i>Say Goodbye to the OTC Life</i> | <i>Eat This, Not That</i> | <i>Getting Back in the Game</i> |
| October Submission Deadline: 7/15/10 | <i>Why Alternative Is Mainstream</i> | <i>All in the Family</i> | <i>Foods That Heal</i> | <i>Lose the Belly by Losing the Fat</i> | <i>The Best Guiltless Holiday Treats</i> | <i>Get a Move-On (exercise tips)</i> |
| November Submission Deadline: 8/15/10 | <i>Healthy Mother, Healthy Child</i> | <i>Playing the Numbers Game</i> | <i>You Can Count on Calcium</i> | <i>The Road to Perfect Posture</i> | <i>Say No to Salt</i> | <i>Walk It Off</i> |
| December Submission Deadline: 9/15/10 | <i>The Indoor Athlete</i> | <i>How to Avoid the Holiday Pounds</i> | <i>Essential Yoga</i> | <i>Ride the Whole-Grain Train</i> | <i>The Keys to Healthy Living</i> | <i>Living the Dairy-Free Life</i> |

Note: 2010 TYH Editorial Calendar is flexible and subject to change based on editorial contributions.