



# Ways to **Well-Being**<sup>®</sup>

2018 CALENDAR

SAMPLE.

*You're Built for Good Health*

# You're Built for Moving

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Americans sit an average of 13 hours a day – and it's not doing us any favors! For many full-time employees, much of that time is spent sitting in front of a computer. This sedentary behavior raises nearly all of our health risks. Start reversing this damage by getting up more often throughout your day. Aim for the 20-8-2 rule: For every 20 minutes of sitting at home or at work, stand for 8 minutes and move for 2 minutes.

## GET STRONGER

Good health starts at home. Put away the smartphone and laptop, turn off the TV, and make dinnertime "together" time. Play with your kids. Take nightly walks. Spend quality time with your partner.





## You're Built for Friendship

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A good friend can add spice to life and know just how to put a smile on your face. More than that, friends can act as buffers in your life by minimizing stress and protecting your heart health. Studies show:

- A healthy social life may help to stabilize blood pressure and boost your immune system.
- Strong social relationships may help you reduce inflammation in your body – a risk factor for heart disease.
- People are three times more likely to adopt good habits, such as starting a heart-healthy diet, when they're doing it with friends.


### GET STRONGER

Having friends starts with being a friend. Pick up the phone and call someone you haven't talked to in a while. Take someone to lunch. Ask a stranger how their day is going.



# February 2018

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Visit <a href="http://HealthyLife.com/2018">HealthyLife.com/2018</a> for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2018			<b>MONTHLY OBSERVANCES</b> American Heart Month <a href="http://heart.org">heart.org</a> Cancer Prevention <a href="http://aicr.org">aicr.org</a> Wise Health Consumer <a href="http://healthylife.com/wise">healthylife.com/wise</a>	1	2 <i>Groundhog Day</i> <i>Wear Red Day</i>	3
4	5	6	7	8	9	10
11	12	13	14 <i>Valentine's Day</i> <i>Ash Wednesday</i>	15	16 <i>Chinese New Year</i>	17
18	19 <i>Presidents' Day</i>	20	21	22	23	24
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## You're Built for Eating

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When you're hungry, you eat. Problem solved, right? Even if you can quiet your grumbling stomach, that doesn't mean your body got the nutrition it needs to function well. Here's what you should do when hunger strikes:

- Stay away from junk food with lots of saturated fat, sugar, salt and calories, but few nutrients.
- Focus on whole-grain and fiber-rich foods. Fill half your plate with vegetables.
- Eat dark leafy greens – they are a good source of vitamins A, C, potassium, folate and calcium.
- Eat lean meats, such as chicken and fish.
- Keep dried fruit, nuts and seeds on hand for a quick snack.

### GET STRONGER

Plan out all your meals for the week ahead of time. That includes any snacks. Then, you'll be less likely to make bad food choices.



# March 2018

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# You're Built for Dreaming

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What do you dream of accomplishing in the next five, 10 or 20 years? A new home? A new career? Financial freedom? We all aspire to greater things. How do you plan to get where you want to go? Start with these three steps.

1. Write it down, and tell someone about it.  
Studies have shown, you are 50% more likely to accomplish your goal.
2. Do your homework and consult an expert.  
Learn about what it will take to get where you want to go.
3. Identify any obstacles that stand in the way of your dreams. Then, take steps to remove them.

## GET STRONGER

Success starts with knowing what makes you tick, then mastering that passion. Ask yourself: What captivates me? What am I meant for?





# April 2018

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>April Fool's Day Easter</i>	2 <i>Easter Monday (Canada)</i>	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 <i>Tax Day</i>	18	19	20	21
22 <i>Earth Day</i>	23	24	25	26	27	28
29	30	 Visit <a href="http://HealthyLife.com/2018">HealthyLife.com/2018</a> for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2018		<b>MARCH 2018</b> S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>MAY 2018</b> S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>MONTHLY OBSERVANCES</b>  Alcohol Awareness <a href="http://ncadd.org">ncadd.org</a>  Parkinson's Disease Awareness <a href="http://pdf.org">pdf.org</a>

# You're Built for Creativity

People indulge their creativity in so many ways – through music, art, dance, writing, etc. No matter the medium, creative expression helps to uncover the joy deep in our souls. When used as a therapy, creative arts can also lead to health benefits, such as:

- Helping you recover from disease, injury and psychological trauma faster
- Assisting in reducing stress and anxiety
- Improving memory and helping you focus your attention better
- Helping to fight infection and ease pain


## GET STRONGER

Playtime isn't just for kids. Adults should take time out to just have fun too. Play can help improve your creativity, problem-solving, and emotional well-being. Checkers anyone?



# May 2018

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## You're Built for Strength

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Having a healthy body may mean you need to gain some muscle while you're losing some fat. After age 30, you need to work harder at building and maintaining muscle mass. Here are some easy, at-home ways to get stronger:

- Eat enough high-protein foods. This provides the building blocks muscles need. But, you must couple this with strength-training to see the benefits.
- Use your body weight to build your strength. Push-ups and squats, for instance, use your own weight to give you strong arms, legs and core.
- Lift gallons of water. Or, laundry detergent soap. Anything heavy with a strong handle will do.


### GET STRONGER

Building muscle might also be good for brain health. In a 2014 study, participants had improved their cognition after doing resistance training twice a week for six months.



# June 2018

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# You're Built for Adventure

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Do you ever get the itch to do something extraordinary? That may be your inner adventurer calling. People are often drawn to challenges that excite them. When you combine the outdoors with adventure, that can also be a recipe for better mental and physical health.

- Activities like biking, hiking or kayaking require mental focus similar to meditation.
- Outdoor adventures done with others help you develop better empathy skills.
- Outdoor activity offers great cardiovascular benefits, but take precautions to avoid injury.
- Being outdoors can help you get the vitamin D you need. But after 15 minutes, cover up or put on an SPF 30 or higher sunblock to protect your skin from the sun.

## GET STRONGER

Setting up daily routines can help you rest your brain so that your creative side can blossom. It's much easier to plan new ventures and reach goals when your mind isn't overly taxed with daily problem-solving.



# July 2018

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>Canada Day (Canada)</i>	2	3	4 <i>Independence Day</i>	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30	31	<b>MONTHLY OBSERVANCES</b> Juvenile Arthritis <a href="http://arthritis.org">arthritis.org</a>	<b>JUNE 2018</b> S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>AUGUST 2018</b> S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	 Visit <a href="http://HealthyLife.com/2018">HealthyLife.com/2018</a> for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2018

## You're Built for Rest

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You can't hope to succeed in other areas of health, if you neglect your nightly rest. Most adults need 7-9 hours of worthwhile sleep each night. That means your body should move through the various sleep stages, including REM sleep. Here are four tips to get started:

1. Maintain a consistent sleep and wake schedule – even on weekends.
2. Make sure your mattress supports you well. Replace your pillow every year.
3. Remove all electronic devices from your room. That includes your phone. Use an old-school alarm clock to wake up.
4. Talk to your doctor about any sleep issues you have. They may point to other health problems.

### GET STRONGER


Stress and anxiety can make life hectic and harder to keep a consistent sleep schedule. Keep a daily journal. Note how stress in life may impact your sleep at night.





# August 2018

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SAMPLE.

*Eid al-Adha begins at sunset*

## You're Built for Humor

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The millions of dollars spent each year on comedic television shows, books and movies prove that humor is a must-have in life. Other than being great fun, laughter produces feel-good chemicals in your brain called endorphins. They give you a natural high and can help ease pain. It seems our bodies are hard-wired to respond positively to humor. Laughter can also:

- Reduce stress, anxiety and depression
- Strengthen your immune system
- Extend your life expectancy
- Lower risks for heart disease

### GET STRONGER

Get a mini cardiovascular workout next time you laugh! Stanford University reports that one minute of laughter equals ten minutes on a rowing machine. This might especially benefit those who cannot perform physical exercise.



# September 2018

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
 <p>Visit <a href="http://HealthyLife.com/2018">HealthyLife.com/2018</a> for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2018</p>	<p><b>AUGUST 2018</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td></td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	S	M	T	W	Th	F	S			1	2	3	4		5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<p><b>OCTOBER 2018</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<p><b>MONTHLY OBSERVANCES</b></p> <p>National Preparedness Month <a href="http://www.ready.gov">www.ready.gov</a></p> <p>Prostate Cancer <a href="http://zerocancer.org/pcam">zerocancer.org/pcam</a></p>			1
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9 <i>Rosh Hashanah begins at sunset</i>	10	11 <i>Patriot Day</i>	12	13	14	15																																																																																				
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# You're Built for Purpose

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Think about what motivates, inspires and fulfills you. Then, set a plan for accomplishing your goals. Finding purpose in life gives it meaning and added richness to keep you going for the long haul. Having a sense of purpose in life can also:

- Improve your life expectancy, including those with life-threatening illnesses, such as cancer
- Improve heart health
- Improve brain health and decrease your risk for Alzheimer's disease
- Give added protection from the effects of stress
- Help you manage pain and chronic illness better

## GET STRONGER

Want to live to 100? Start with finding your purpose. Having purpose in life is one factor that many centenarians share.



# October 2018

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Visit <a href="http://HealthyLife.com/2018">HealthyLife.com/2018</a> for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2018</p>	1	2	3	4	5	6
7	8 <i>Columbus Day</i> <i>Canadian Thanksgiving</i>	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 <i>United Nations Day</i>	25	26	27
28	29	30	31 <i>Halloween</i>	<b>SEPTEMBER 2018</b> S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>NOVEMBER 2018</b> S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>MONTHLY OBSERVANCES</b> Breast Cancer Awareness <a href="http://cancer.org">cancer.org</a> Dental Hygiene Month <a href="http://mouthhealthy.org">mouthhealthy.org</a>

## You're Built for Breathing

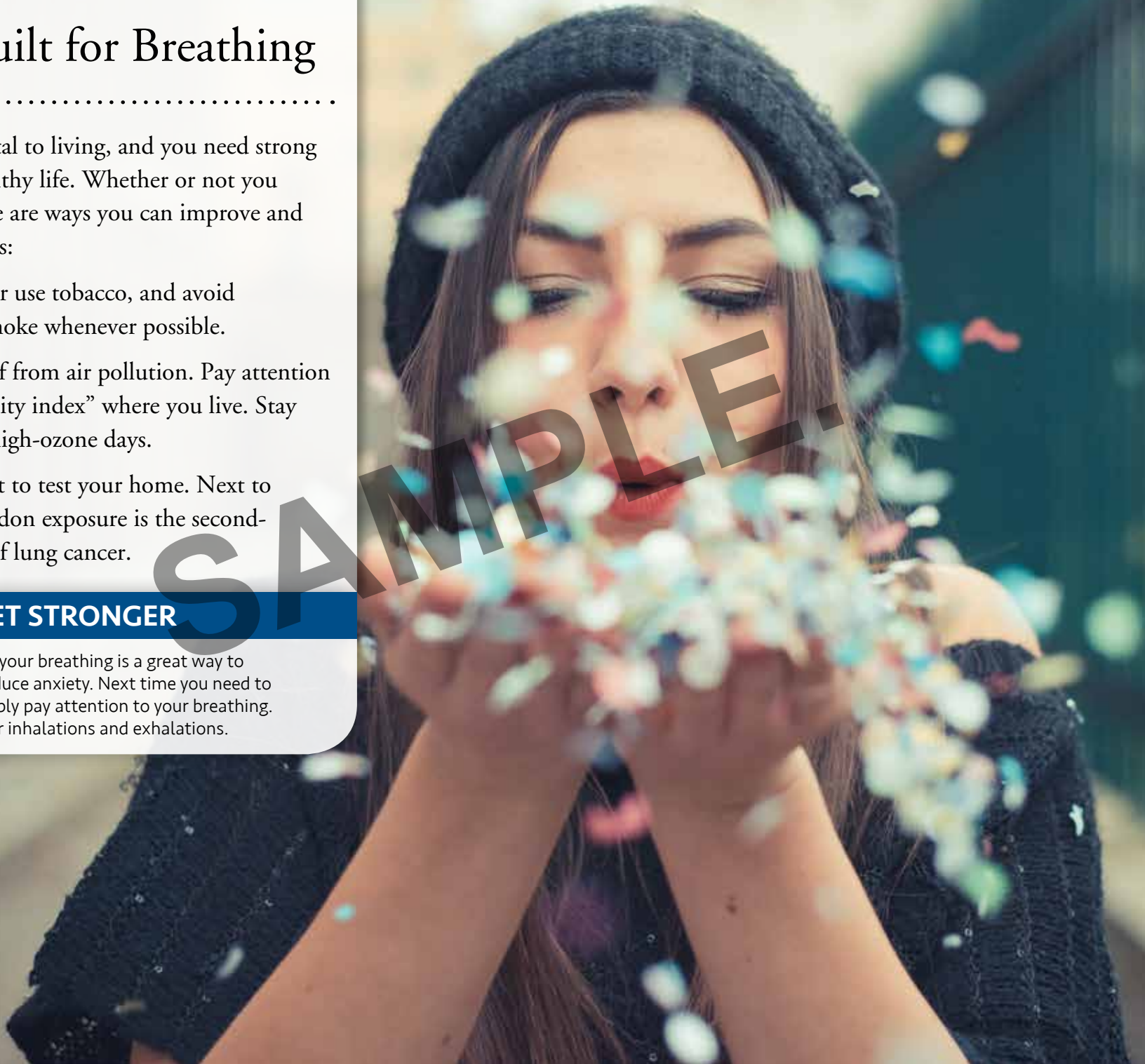
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Your lungs are vital to living, and you need strong ones to live a healthy life. Whether or not you use tobacco, there are ways you can improve and protect your lungs:

- Don't smoke or use tobacco, and avoid secondhand smoke whenever possible.
- Protect yourself from air pollution. Pay attention to the "air quality index" where you live. Stay inside during high-ozone days.
- Buy a radon kit to test your home. Next to tobacco use, radon exposure is the second-leading cause of lung cancer.

### GET STRONGER

Focusing on your breathing is a great way to destress and reduce anxiety. Next time you need to calm down, simply pay attention to your breathing. Count your inhalations and exhalations.



# November 2018

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

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25	26	27	28	29	30	<p><b>MONTHLY OBSERVANCES</b></p> <p>Alzheimer's Awareness <a href="http://alz.org">alz.org</a></p> <p>American Diabetes <a href="http://diabetes.org">diabetes.org</a></p>																																																																																											

## You're Built for Kindness

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Having a good life is about more than satisfying our every whim. How we treat others also has an impact. The Golden Rule says, "Do to others as you would have them do to you." That's more than just a nice concept – it's a blueprint for living a happy and healthy life.

- People who give practical help to family and friends may extend their lives by five years.
- Providing social support reduces blood pressure and may provide relief from chronic illnesses.
- Giving without expecting anything in return may help stabilize the immune system and protect against the effects of stress.
- Those who practice kindness report greater levels of thankfulness and contentment.

### GET STRONGER

Just as a small stone tossed in a lake can create a wide ripple effect, so can you have a positive impact on your world. Start the new year by being kind, compassionate and considerate of everyone around you.





# December 2018

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

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30	31  <i>New Year's Eve</i>	<i>Christmas Day</i>																																																																																								

## PREVENTIVE HEALTH SCREENINGS

Use this information to find out what health tests and vaccines you need this year. Make appointments to get these. Record appointment dates on your calendar.

Health tests screen for problems which are easier and less costly to treat when found at beginning stages. Early treatment helps prevent more serious problems. Tests also monitor how a problem is responding to treatment.

Health Screening	Ages 18-29	Ages 30-39	Ages 40-49	Age 50+
Dental Checkup	Every 6 months			
Blood Pressure	Age 18 and older			
Cholesterol Blood Test	Discuss with doctor			
Blood Glucose Screening	Overweight or obese adults between ages 40 and 70 should be screened for abnormal blood sugar levels and type 2 diabetes.			
Cervical Cancer Screening	From ages 21-65, a Pap test at least every 3 years. As advised after age 65.			
Chlamydia & Gonorrhea Screening	All sexually active women ages 24 and younger; ages 25+ if at an increased risk			
Mammogram <sup>1</sup>				Every 2 years ages 50-74 or as advised
Osteoporosis Screening	All women starting at age 65 (younger if at increased risk for fractures) as often as advised			
Prostate Cancer Screening <sup>2</sup>	Discuss with doctor			
Abdominal Aortic Aneurysm Screening				One-time for men ages 65-75 who have ever smoked
Colorectal Cancer Screening <sup>3</sup>				Ages 50-75

**Note:** These are general guidelines. Adults should also be screened for alcohol misuse, depression, obesity, and tobacco use. If you are at an increased risk for an illness, tests may need to be done sooner or more often. Extra tests (e.g., screening for diabetes, glaucoma) may also need to be done. Follow your doctor's advice for physical exams, screening tests, and vaccines.

- 1 Screening guidelines vary with health groups. For ages 40-49 and 74+, discuss your breast cancer risk and the pros and cons of screening tests with your doctor or health care provider.
- 2 Prostate-specific antigen (PSA) blood test screening guidelines vary with different health groups. Talk to your doctor about the benefits and risks.
- 3 Discuss screening test options with your doctor. How often testing is needed depends on the test(s) given and your personal risk factors.

### Find out more about health tests:

Get U.S. Preventive Services Task Force advice for screening tests based on age and sex from [www.healthfinder.gov/myhealthfinder](http://www.healthfinder.gov/myhealthfinder).

### Get Recommended Vaccines

Get up-to-date guidelines for vaccines from the Centers for Disease Control and Prevention (CDC) at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) or 1.800.CDC.INFO (232.4636). Click on the Immunization Schedules you need: "Infants & Children," "Preteens & Teens," and/or "Adults."

## 2018 Calendar: This Year at a Glance

### JANUARY 2018

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## IMPORTANT PHONE NUMBERS

### EMERGENCY MEDICAL SERVICE: 911

#### EMERGENCY CONTACT

Name

Address

City/State/Zip

Home Phone

Cell Phone

Nearest Hospital

Poison Control Center

Suicide Prevention

Fire

Police

Gas Company

Plumber

#### NEAREST RELATIVE

Name

Address

Phone

#### HELPFUL NEIGHBOR

Name

Address

Phone

### HEALTH CARE PROVIDERS

Name

Phone

Name

Phone

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Phone

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### NEAREST 24-HOUR PHARMACY

### OTHER IMPORTANT INFORMATION

# 2019 Calendar: Planning for Next Year

#### JANUARY 2019

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23	24	25	26	27	28	29
30	31					

#### SEPTEMBER 2019

S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

#### APRIL 2019

S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

#### OCTOBER 2019

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

#### MAY 2019

S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

#### NOVEMBER 2019

S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

#### JUNE 2019

S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

#### DECEMBER 2019

S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# Recipes



## Warm Fruit Salad

### Ingredients:

1 nectarine, halved  
2 plums, halved  
2 cups strawberries, halved  
½ cup red onion, thinly sliced  
1 lemon, juiced  
1 Tbsp. olive oil  
1 teaspoon Dijon mustard  
1/8 teaspoon salt  
Spring mix salad blend

*Serves 4.* Per serving:  
105 calories, 4 g total fat,  
0.5 g saturated fat, 17.5 g  
total carbohydrates, 2.5 g  
dietary fiber, 39 mg sodium,  
1 g protein

### Directions:

Heat a non-stick or cast-iron skillet over medium heat. Add nectarine and plums cut-side down. Flip and grill 4-5 more minutes.

Mix all the ingredients together. Whisk together lemon juice, oil, mustard and salt. Pour over salad and toss.



## Asian Grilled Pork Chops

### Ingredients:

4 bone-in pork loin chops  
2 Tbsp. olive oil  
2 teaspoons soy sauce, low sodium  
1 teaspoon garlic, minced  
2 teaspoons Dijon mustard  
1 pinch of black pepper

*Serves 4.* Per serving:  
197 calories, 9.7 g total fat,  
1.9 g saturated fat, 0.5 g total  
carbohydrates, 0 g dietary  
fiber, 356 mg sodium,  
25.5 g protein

### Directions:

Place the pork chops, oil, soy sauce, garlic, mustard and pepper in a gallon bag. Marinate in the refrigerator for at least 1 hour. Then, grill the chops for 5 to 8 minutes on each side, depending on the thickness.



## “Good for You” Fries

### Ingredients:

1 Tbsp. olive oil  
¼ cup Parmesan cheese, grated  
1 Tbsp. dried rosemary  
4 medium russet potatoes,  
cut into ½ inch wedges  
Salt to taste

*Serves 4.* Per serving:  
204 calories, 4 g total fat,  
0.8 g saturated fat, 39 g total  
carbohydrates, 3 g dietary  
fiber, 30 mg sodium,  
5 g protein

### Directions:

Preheat oven to 375 degrees. In a large bowl, mix oil and rosemary. Add potatoes and toss to coat. Arrange in a single layer on a baking sheet.

Bake for 45 minutes or until potatoes are golden brown, tossing once after 20 minutes. Season with salt and serve.



## Vegan Pumpkin Soup

### Ingredients:

¼ cup unsweetened soy milk  
¼ teaspoon water  
1 Tbsp. onion, minced  
6 cups low-sodium vegetable broth  
4 cups pumpkin puree  
1 Tbsp. applesauce, unsweetened  
2 teaspoons curry powder

*Serves 4.* Per serving:  
137.5 calories, .3 g total fat,  
0.1 g saturated fat, 17.5 g total  
carbohydrates, 8 g dietary  
fiber, 224.5 mg sodium,  
2.5 g protein

### Directions:

Heat water and onion in a saucepan, stirring occasionally for 5 minutes until the onion is soft. Add the broth, pumpkin and applesauce. Stir to combine. Add the seasonings. Cook over low heat, stirring occasionally for 10 minutes. Stir in the soy milk just before serving.



## Banana Berry Smoothie

### Ingredients:

2 medium frozen bananas  
1 cup plain 2% Greek yogurt  
½ cup cranberry juice, reduced sugar  
½ cup blueberries, frozen  
½ cup raspberries, frozen

*Serves 2.* Per serving:  
226 calories, 2.7 g total fat,  
1.8 g saturated fat, 42 g total  
carbohydrates, 6 g dietary  
fiber, 42 mg sodium,  
12 g protein

### Directions:

Place all ingredients into a blender. Purée ingredients until well combined. Pour into 2 glasses of equal portions.



## Roasted Cauliflower

### Ingredients:

1 large cauliflower, cut into florets  
1 Tbsp. olive oil  
1 Tbsp. Italian seasoning  
1 teaspoon salt  
¼ teaspoon pepper

*Serves 4.* Per serving:  
67 calories, 4 g total fat,  
0.5 g saturated fat, 8 g total  
carbohydrates, 4 g dietary  
fiber, 44 mg sodium,  
3 g protein

### Directions:

Preheat the oven to 400 degrees. Line a rimmed baking sheet with parchment paper. Spread the cauliflower evenly on the tray, drizzle with the olive oil, and sprinkle Italian seasoning, salt and pepper over the florets. Toss and bake for 35 minutes, shaking the pan every 10 minutes for even cooking.