









NUTRITION

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p>  <p>Let's Be Friends Follow us on social media for healthy recipes, success stories from real people, and motivation to reach your goals.</p>	<p>3</p> <p>Read Across America Spend time reading or share your favorite book recommendation for Read Across America Day.</p>	<p>4</p> <p>Name Brand or Not Generic brands can be as good as name brands and are often cheaper. Save on groceries where you can!</p>	<p>5</p> <p>Coaching Webinar Join us today for our FREE coaching webinar at Noon CT, where Coach Shelby will share tips about effective grocery shopping.</p>	<p>6</p> <p>Paying for Convenience Pre-cut and pre-cooked foods are convenient but cost more. Buy whole foods and prepare them yourself to save money.</p>	<p>7</p>  <p>Simple Swap Swap out your white bread for 100% whole-grain bread. This will help add extra fiber to your diet!</p>	<p>1</p> <p>New Month, Fresh Start!</p>
<p>9</p> <p>Spring Ahead Don't forget to set your clocks ahead today. Remember you will "lose" an hour, so make sure to get to bed earlier tonight.</p>	<p>10</p>  <p>Sleep Awareness Week This week, take some time to track your sleep to improve your sleep habits and feel more rested throughout the day.</p>	<p>11</p> <p>Don't Skip Breakfast Start your day with a nutritious breakfast. Short on time? Prep egg bites for a quick, high-protein option.</p>	<p>12</p> <p>Ditch the Drive-Thru Fast food is high in sugar and calories, low in nutrients. Prepare healthy recipes ahead for easy grab-and-go meals.</p>	<p>13</p> <p>Financial Wellness Start saving for your dream summer vacation now. Set aside a specific amount from each paycheck.</p>	<p>14</p> <p>Balanced Diet Balance your diet with fruits, veggies, lean protein, and whole grains. Limit added sugars, saturated fats, and sodium.</p>	<p>15</p>  <p>Monthly Newsletter The March Live Well, Work Well newsletter is on our blog! Get healthy tips and a new recipe to try today.</p>
<p>16</p> <p>Seasonal Produce Seasonal fruits and veggies are cheaper and fresher. Visit local farmers' markets for good deals.</p>	<p>17</p> <p>HAPPY St. Patrick's DAY</p>	<p>18</p> <p>Myth Busted Eggs once had a bad rep for their cholesterol level. Instead, limit your cholesterol by avoiding fast food and processed snacks.</p>	<p>19</p> <p>Healthy Mind Phone calls are great, but nothing beats the mood-boosting power of face-to-face time with others. Meet up with a friend for coffee and a chat this week.</p>	<p>20</p>  <p>Spring in Your Step It's the first day of spring! Get outside today for a long walk to enjoy the fresh spring air.</p>	<p>21</p> <p>It's never too early or too late to work towards being the healthiest you.</p>	<p>22</p> <p>Buy in Bulk Buying grains, nuts, and seeds in bulk is cheaper. Ensure proper storage to keep them fresh!</p>
<p>23</p> <p>Step It Up Increase your steps this week by taking your family to the park or going for a walk with your dog. They will appreciate the quality time as well!</p>	<p>24</p> <p>Mental Health Feeling overwhelmed? It's okay to take a break. Call or text the crisis lifeline at 988 if you need to talk.</p>	<p>25</p> <p>Life is not merely to be alive, but to be well. - MARCUS MARTIAL</p>	<p>26</p> <p>Ditch the Diet Fad diets don't last. Small changes like 30 minutes of exercise or adding veggies to every meal are easier to maintain long term.</p>	<p>27</p> <p>Make it a Habit Making fitness a part of your daily routine will help build healthy habits. If you schedule it, don't skip it!</p>	<p>28</p> <p>Stay Hydrated Be sure to drink plenty of fluids, especially water, to help your body absorb and use essential nutrients.</p>	<p>29</p> <p>April Coaching Webinar Plan for April by registering for our FREE coaching webinar today on April 2nd!</p>
<p>30</p> <p>Shop the Perimeter The outer aisles of the store have fresh produce, dairy, meat, & whole grains. These are healthier options compared to processed foods found in the inner aisles.</p>	<p>31</p> <p>Checking In You've made it to the end of March! How are your goals coming along? Take some time to reflect and set new goals.</p>	<p>  HealthCheck360  @HealthCheck360  @HealthCheck360 </p>				

SHARE YOUR STORY & INSPIRE OTHERS

