











MARCH NUTRITION

✓ HealthCheck360

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>WELCOME TO MARCH A new week and a new month is the perfect time for a fresh start! Create new goals to accomplish in March.</p>	<p>2</p> <p> REGISTRATION IS OPEN Registration is open for this month's webinar all about your gut health!</p>	<p>3</p> <p>CAREGIVER APPRECIATION DAY Call the caregiver in your life today!</p>	<p>4</p> <p>FREE WEBINAR HEALTHY GUT 12 PM CST There's truth to, "you are what you eat." Get tips on feeling your best with this month's webinar.</p>	<p>5</p> <p>HEALTHY SWAPS There are substitutions you can make for a healthier plate! Check out our blog for a few of our favorites.</p>	<p>6</p> <p> LEARN TO LOVE LABELS Food labels can help you find healthier options. Strive for low-sugar and 0% trans fat when shopping.</p>	<p>7</p> <p>STAY HYDRATED Drinking water can give you more energy, prevent headaches, and stop you from drinking sugary drinks.</p>
<p>8</p> <p> SPRING FORWARD Take advantage of the time change by walking outside after work!</p>	<p>9</p> <p>WELLNESS POSTER Get health coach-approved nutrition tips and recipes to fuel your health goals.</p>	<p>10</p> <p> NEWSLETTER Our Live Well, Work Well Newsletter is here! Check it out on our blog.</p>	<p>11</p> <p>“THE MOST DIFFICULT THING IS THE DECISION TO ACT, THE REST IS MERELY TENACITY.” AMELIA EARHART</p>	<p>12</p> <p> DON'T IGNORE YOUR SWEET TOOTH Not all desserts are created equal. Try dark chocolate, nut butters, or a piece of fruit.</p>	<p>13</p> <p>WORLD SLEEP DAY Sleep impacts your health. If you have trouble sleeping, turn your phone off, dim the lights, or drink bedtime tea.</p>	<p>14</p> <p> BREAKFAST FOR CHAMPS Eating a nutritious breakfast like eggs, oatmeal or fruit will keep you full all morning and motivate you to make smarter choices.</p>
<p>15</p> <p>GOAL CHECK-IN How are your goals coming? Make any adjustments to help you on your way.</p>	<p>16</p> <p>FIVE BRAIN HACKS We share 5 brain hacks to help you stay motivated. Find it on our blog!</p>	<p>17</p> <p>“I CHOOSE TO MAKE THE REST OF MY LIFE THE BEST OF MY LIFE” LOUISE HAY</p>	<p>18</p> <p>WHAT'S GOOD FAT Our favorite foods to increase your healthy fat intake are eggs, avocados, nuts and, olive oil.</p>	<p>19</p> <p>WINTER IS OVER It's the last day of winter! What are your Spring plans? Try new trails, bike riding, or running your first 5K this season.</p>	<p>20</p> <p>SPRING CLEAN YOUR DIET Use this weekend to jump-start healthy eating! You deserve to feel your best and eating healthy, whole foods can help you get there. Spend time planning healthy meals, grocery shopping, preparing meal prepped dishes.</p>	
<p>22</p> <p> FLEX YOUR (BRAIN) MUSCLES Walk to your local library or bookstore and find your next favorite book.</p>	<p>23</p> <p>DON'T DRINK CALORIES Juices, sugary coffee drinks, and sodas are full of sugar. Opt for tea or adding fruit to your water for a sweet twist.</p>	<p>24</p> <p> YOU ARE WHAT YOU EAT Improve your gut health with probiotics in foods like yogurt, sauerkraut, and pickles.</p>	<p>25</p> <p>DON'T RELY ON EMPTY CALORIES Processed foods have little nutritional value. Try eating whole foods.</p>	<p>26</p> <p> LIMIT YOUR SUGAR Foods and drinks high in sugar are linked to an increased risk of obesity and Type 2 diabetes.</p>	<p>27</p> <p>HEALTHY LIVING IS SUSTAINABLE Extreme diets are hard to maintain. Making small changes to your lifestyle is easier for long-term change.</p>	<p>28</p> <p> MANAGING YOUR STRESS Excess stress can impact your metabolism. Practice meditation, exercise, or call our health coaches for actionable advice.</p>
<p>29</p> <p>CLEAN YOUR FRIDGE Use today to clean your fridge and cabinets for a fresh, clean space.</p>	<p>30</p> <p>“THE QUESTION ISN'T WHO IS GOING TO LET ME; IT'S WHO IS GOING TO STOP ME.” AYAN RAND</p>	<p>31</p> <p>COLORFUL PLATES Aim to have a colorful plate for every meal. Fill up with vegetables, fruits, spices, and meats. The more colorful, the healthier your meal.</p>				