

2021 MARCH

A healthy lifestyle is made up of a collection of daily decisions. Eating better and exercise may seem insignificant, but when spread out over a week, month or year, it adds up to a healthy, happy you! **Print out this calendar and check it daily** to see what little things you can do to keep healthy, strong and motivated.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

March is National Nutrition Month and Colon Cancer Awareness Month

Diets high in fruit and vegetable intake, along with an increased physical activity, can reduce the risk for many diseases, including colon cancer.

2

Schedule Your Workouts

Get your workouts ready for the month! Pencil them in weekly like any other appointment.

3

Stress Management

Acknowledge stress exists and work with it, try to use it as a positive motivator.

4

Healthy Grocery List Ideas

Need some ideas to kickstart healthier grocery shopping for the month? Check this list out: wb.md/2NP54db



Cobb Salad with Herb-Rubbed Chicken

Give your chicken salad a colorful upgrade! Try this satisfying salad recipe for an updated version of the classic Cobb with Kale, feta and strawberries.

bit.ly/3dE7ru6



Eat to fuel your body, not to feed your emotions.



Meal prepping can save time and money! Plan out your meals this weekend so you can grab and go during the week.



Go Hard

Happy Tuesday! Make today your hardest workout of the week. Tomorrow, rest and recover.



Eat Slower This Week

Taking smaller bites and thoroughly chewing your food helps lead to fewer digestive problems and weight loss.



Hydrate!

Struggle to drink enough water each day? Use a marked water bottle to help motivate you: amzn.to/2JJrA5K



Unplug!

Put down your tablet or phone for a couple of hours and enjoy a good book, exercise or practice some breathing exercises.



Take advantage of daylight savings time and fit in those exercises.

Skip Day!

Halfway through the month already? Take the day off from exercising and check in with your goals tomorrow.



Eat Smart At Work

Like to nibble while you work? Try to find ways to eat healthy snacks throughout the day. bit.ly/2ZGRZ8y



Have you had your fruits and veggies today? Plan on eating a colorful salad for lunch or dinner.



Life's too short to live with pain.

Dinner Plans?

Plans to go out to dinner tonight? Challenge yourself to eat a low calorie entree and drink two glasses of water.



Weekend Motivation

Finish what you start. Don't let your list of to do's add up. Start and finish a project this weekend and high five yourself!



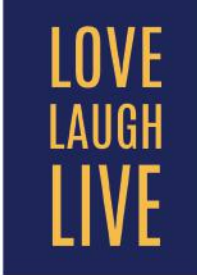
No Fast Food Challenge!

Yes, we know it's convenient, but challenge yourself this week to not find yourself in the drive-thru line.



No Time To Exercise?

There is always a way to sneak movement into your day. Today, be sure to stand up and do some lunges while you're on a few work calls.



Quick Pre-Shower Workout

20 jumping jacks
15 lunges
10 calf raises
Don't forget to eat a healthy breakfast!



Mindful Moment Tip

Use technology to be mindful. Download a mindfulness or journal app.



Sit Less Today

Weekends are for relaxing, but challenge yourself to find reasons to stay busy and active today.



Me Time

It's Sunday! Make time for yourself today. Take a break from your weekend routine and enjoy doing something just for you.



Buy Local

Check out the benefits of supporting farmers markets. bit.ly/2S1Jwdp

"In diversity there is beauty and there is strength."
-Maya Angelou



Congrats!

You made it through March! How did you do? Start thinking about April's goals while you're at it!

