

March Well-Being Calendar 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h2>Be Well. Care Well.</h2>					A New Month Is The Perfect Time For A Fresh Start! ¹	Plan A Team Outdoor Lunch! ²
Wind Down With A Cup Of Hot Tea. ³ 	Organize A Healthy Potluck With All Staff. ⁴	Practice Mindful Eating. ⁵	Improve Your Gut Health With Foods Like Yogurt, Grains, And Bananas. ⁶	Remix A Comfort Food Dish. ⁷ 	Excess Stress Can Impact Your Metabolism. Practice Mindfulness for 10 Mins. ⁸	Learn A New Cooking Skill. ⁹
Take Advantage of Daylight Savings Time! ¹⁰	Eat Red Fruits and Vegetables for Heart Health ¹¹	Organize A Nutrition Activity Among All Staff. ¹²	Eat Yellow Fruits and Vegetables for Skin Health ¹³	Reminder: Drink Water. Dehydration Can Affect Your Mood, Focus, And Energy. ¹⁴	Eat Purple and Blue Fruits and Vegetables for Longevity ¹⁵	Start An Indoor Herb Garden. ¹⁶ 
Use Herbs And Spices To Create A Homemade Spice Combo. ¹⁷	Eat Orange Fruits and Vegetables for Cancer Prevention ¹⁸	First Day of Spring: Enjoy Time Outside ¹⁹ 	Eat White/Brown Food for Your Immune System. ²⁰	Order An Entrée Out Of Your Comfort Zone At A Restaurant. ²¹	Eat Green Fruits and Vegetables for Detoxification ²²	Learn About Composting And Its Role In Reducing Wasted Food. ²³
Avoid The "What's For Dinner?" Question By Taking Time Today To Plan Dinners For The Week. ²⁴	Start Your Day With A Healthy Breakfast. ²⁵	Take A Walk To Explore Nature. ²⁶	Pack A Healthy Snack To Help Sustain Your Energy Levels. ²⁷	Prepare A Meal Special To Your Culture Or Heritage. ²⁸ 	Wind Down After Work With 30 Minutes Of Soothing Sounds. ²⁹	Check Out A Free Activity/Event In Your Area. ³⁰
Create A Healthy Snack Station. ³¹						