



# EMBRACE THE POWER OF NUTRITION

**FUEL YOUR BODY,  
NOURISH YOUR LIFE!**

During National Nutrition Month®, let's celebrate the incredible impact of healthy eating habits on our overall well-being. Each bite we take is an opportunity to nourish our bodies, energize our minds, and thrive in every aspect of life. Let's make mindful choices; prioritize whole, nutritious foods; and empower ourselves to lead healthier, happier lives.

**What follows are some actions you can take during National Nutrition Month® to amp up your nutrition. And, of course, we have several tools, resources, and offerings to support you this month!**



## Visit Your Local Aspirus Cafeteria

Take advantage of special promotions, offerings, and events this month!



## Educate Yourself

Take time to learn more about nutrition. Understand the basics of macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals), and how they contribute to your overall health.



### Trivia

Answer the weekly nutrition trivia in *Aspirus News Now* for a chance to win a prize.



### LIVE WEBINAR

Attend a nutrition webinar.

Click the links below for descriptions and to register to attend.

#### [National Nutrition Month®: Superfoods and Salads](#)

Thursday, March 14, Noon-12:30pm (Central)

#### [Wondr Webinar: Kitchen Reset - Essential Ingredients for Mediterranean Meal Prep](#)

Wednesday, March 20, Noon-12:30pm (Central)

#### [National Nutrition Month® "Chopped" Meal Prep: How to Make the Most of What's in Your Fridge](#)

Tuesday, March 26, 11-11:30am (Central)



## Assess Your Diet

Keep a [food diary](#) for a week to track what you're eating. Use this information to identify areas where you can make healthier choices, such as reducing sugar or increasing vegetable intake.



## Practice Mindful Eating

Take time to appreciate and savor your meals by practicing mindful eating. Pay attention to the flavors, textures, and sensations of each bite, and try to eat slowly without distractions. Wondr is a great program that focuses on mindfulness and nutrition – it's free for all employees! Learn more [here](#).



## Set Realistic Goals

Whether it's drinking more water, eating more fruits and vegetables, increasing your protein intake, or reducing processed foods, set achievable goals that align with your overall health objectives. The Aspirus Health Coaches can help you with realistic goal setting – get started today at [www.ManageWell.com](http://www.ManageWell.com).



## Try New Recipes

Experiment with healthy recipes that incorporate a variety of nutrient-rich foods. Look for recipes that focus on whole grains, lean proteins, fruits, and vegetables. (Search [aspirus.perkspot.com](http://aspirus.perkspot.com) for great deals on healthy food subscription options like Green Chef, Hello Fresh, and Thrive Market.)



## Meal Prep

Spend some time each week [planning and preparing your meals](#). This can help you avoid unhealthy fast-food options and ensure that you have nutritious meals ready to go when you're busy.



## Get Active

Remember that nutrition is just one aspect of a healthy lifestyle. Pair your improved eating habits with regular physical activity to optimize your overall health and well-being. Check out [Active&Fit ExerciseRewards](#).



## Consult a Professional

If you have specific health concerns or dietary restrictions, consider seeking guidance from a registered dietitian or nutritionist who can provide personalized advice and support. Nutritional counseling is a covered benefit on the Aspirus employee health plan and may be subject to deductible, coinsurance, or copays.



## Host a Healthy Potluck

Invite friends, family, or co-workers to participate in a healthy potluck where everyone brings a nutritious dish to share. This is a fun way to try new foods and recipes while promoting healthy eating. This is a great department activity for Wellness Champs!



## Start a Garden

If space allows, consider starting a small vegetable or herb garden at home or in your community. Gardening is a rewarding way to grow your own food and foster a deeper connection with the sources of your nutrition. Learn more [here](#).

**Together, let's make every month a celebration of vibrant health and wellness through the power of nutrition!**