

# March Madness Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) <i>Step it up!</i> Start the month off by reaching 10,000 steps today	2) <i>Eat the Rainbow!</i> Add colorful fruits and veggies to your meals	3) <i>Let's Get It Done!</i> 5 push-ups 10 lunges 15 jump squats	4) Meditate Today!	5) Aim for 2 cups of fruit today. Add it to your breakfast, as a snack or even for dessert
6) Go grocery shopping for the week and stick to your list!	7) What are you grateful for today? Write it down and keep it by your workspace	8) Make your favorite recipe today!	9) Take a few minutes out of your day today to <i>STRETCH!</i>	10) Add black or pinto beans to one of today's meals. They are a great source of protein and fiber!	11) Try Box Breathing today!	12) Go for a walk today! Lace up your sneakers and get your heart pumping. Grab a buddy to join you!
13) Take advantage of daylight savings time and fit in these exercises: 12 push ups 12 mountain climbers & a 12-minute stretch	14) Try a Meatless Monday! Choose protein rich foods that come from plants today!	15) Not getting enough sleep can lead to many chronic conditions. Shoot for 7-9 hours tonight!	16) Try something NEW today. (a new activity, a new recipe, journal, try a new walking route ...etc.)	17) It's your <i>lucky</i> day! Complete: 17 squats 17 crunches 17 jumping jacks Repeat 3 times	18) Take a moment to check-in with yourself today. How are YOU doing?	19) Take 10 minutes for <i>YOU</i> today. Journal, meditation, or even a phone call with a friend
20) <i>First Day of Spring!</i> Get outside today & enjoy the fresh air	21) Reach out to a co-worker and let them know why you appreciate them!	22) <i>STOP. DROP.</i> Hold a 1-minute plank on two separate occasions today	23) <i>Practice Mindful Eating.</i> Listen to internal hunger cues when determining when to eat	24) <i>Hydration!</i> Drink 8 cups of water today	25) Meditate Today!	26) <i>National Spinach Day!</i> Add spinach to your morning smoothie or afternoon meal to add immune support to your diet
27) <i>Meal Planning:</i> Make your week less stressful by meal planning for the week (or even part of the week)	28) Make your own flavored water. Try adding herbs, berries, or citrus fruits to your cup	29) Try a new recipe today!	30) <i>National Take a Walk in the Park Day!</i> Head out for a walk today & enjoy nature's beauty	31) <i>Social Connection:</i> Write a letter and send it to a family member or an old friend	The March Wellness Calendar is here and it's <b>Madness!</b> This challenge is a great way to incorporate effective wellness tasks into your routine each day. <u>Enjoy!</u>	

