

March 2019

Living Well Calhoun Initiatives

March Healthy Calendar

Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods that you love. Rather, it's about feeling great, having more energy, and keeping yourself as healthy as possible - all which can be achieved by learning some nutrition basics and incorporating them in a way that works for you.

The March Healthy Calendar challenges you to change your old habits. **Completing 20 of the 30 initiatives will earn you one incentive point on your Ticket to Wellness for March.** Once complete, show to any Wellness Committee Member to receive validation.

THE 6TH ANNUAL REUBEN RACE

The Reuben Race 10K & 5K Run/Walk is a fundraising event designed to benefit the Fountain Clinic in Marshall.

<http://www.pastramijoes.com/reubenrace>

Saturday March 16th, 2019 / 10:00am Start Time
105 N. Jefferson, Marshall, MI 49068

ABOUT THE REUBEN RACE:

Run or walk while helping others at the same time! Registration is open online until Friday 3/15 and on race day at Pastrami Joe's beginning at 8:30am.



KEEP IT GOING CHALLENGES

Step It Up Challenge

Got a good rhythm going?

This initiative requires you to keep climbing at least 10 flights of stairs 5 times a week during the month of March. Record how many flights you climbed on a daily basis, show your completed calendar to a Wellness Committee Member and you get a point on your fit ticket.

Walk it Off Challenge

If you took 10,000 steps a day in February, congrats and keep on stepping at least 5 days a week in March.

However, if you did not meet the 10,000 required steps, just keep on increasing your daily steps each week by 500 per day. Example: If in February you averaged 3,000 steps each day, your goal for the 1st week of March will be 3,500 at least 5 days a week. The week after will be 4,000 each day. Once your calendar is completed, show it to a Wellness Committee Member to collect your fit ticket point.

March 2019

Stairs & Steps Challenges

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------|------------|------------|------------|------------|------------|------------|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

March 2019 National Nutrition Month Daily Health Tips



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|---|--|
| <p>Completing 20 of the 30 initiatives will earn you one incentive point on your Ticket to Wellness for March. Once complete, show to any Wellness Committee Member to receive validation.</p> | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Start your day with a nutritious breakfast that includes whole grains and protein. | Have fish at one meal today. Salmon, trout, anchovies and sardines are healthy choices and rich in omega-3. | Skip chips and candy today. Try a piece of fresh fruit or vegetable instead. | Eat one serving of beans today (1/2 cup). Beans are a great source of protein and fiber. | Take your own nutritious lunch to work today. | Swap soda, fruit juice, and lattes today with water. | Read all food labels today and pay close attention to serving size, calories, and fat. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Make a spinach salad today with a variety of reduced fat or fat-free toppings. | Do not skip any meals today. Skipping meals leads to over-eating at night. | Enjoy a vegetable broth based soup for lunch today. | Bring your own healthy snacks to work today, like popcorn which is a whole grain. | Avoid the salt shakers today! Replace salt with lemon, herbs and spices to flavor foods. | Go for 3, 10-minute walks today to get active. | Skip the coffee today! Opt for water or caffeine-free hot tea. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Limit red meat today. Stick with leanest cuts if you do use. | If you eat at a fast food restaurant today, skip the fries and opt for a side salad or piece of fruit. | Have a bowl of oatmeal or fresh fruit for breakfast today. | Slow down when you eat today. Many people eat based on emotion or time. Eat only when you are truly hungry. | Eat a handful of almonds, walnuts, or pecans today for a heart-healthy snack. | Dine at home tonight vs. going out to dinner. Prepare a MyPlate meal for your family. | Replace fried foods with steamed, baked or boiled foods. |
| 24/31 | 25 | 26 | 27 | 28 | 29 | 30 |
| Drink at least 8 - 8 oz. glasses of water today. Squeeze in a bit of lemon for added flavor. | Eat 20 grams of fiber today and drink plenty of water along with that. | Use smaller dishes today. Studies show you consume more when you use large dishes. | Try a new fruit or vegetable like pomegranate seeds or a parsnip. | Park farther away to increase your steps. | Eat at least five servings of fruits and vegetables today. | Have a dark chocolate covered banana or yogurt with less sugar mixed with fresh berries for dessert. |

Corporate Cup



Team Name Contest

RULES

- 🚲 **Come up with a clever team name for the 2019 Corporate Cup Team Shirt**
- 🚲 **CAPTURE Calhoun County Team Spirit in your Team Name**
- 🚲 **Email your submission to Marie at mstamand@calhouncountymi.gov**
- 🚲 **Must email by April 30th, 2019**
- 🚲 **Voting will be held at the beginning of May to narrow it down to the five favorite names**
- 🚲 **A second round of voting will be held mid-May to choose the ultimate winner**
- 🚲 **Winner of the contest will have their team name on the Calhoun County Corporate Cup Team shirt**
- 🚲 **A drawing amongst all the participants will decide the winner of a \$50.00 Gift Card**