

Try Be Well & Fit

National Nutrition Month

National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall well-being.

Our overall health is a balance of diet, exercise, rest, and hereditary traits. While we do not have control over heredity, we do control the other three. Nutrition is one of the biggest factors in our health. What we eat can significantly increase or decrease our risk factors for disease and injury. We are often bombarded by a variety of diet programs that aim to improve our health and keep us slim. Making sense of them all can become a daunting task. However, most studies agree that including fruits and vegetables, whole grains, lean meats, and proteins comprise a healthy diet.

7 Simple Steps to Better Nutrition

At the beginning of the year, many of us attempt lifestyle changes that include eating healthier meals and exercise. By March, our passion for this change will have either succeeded or is beginning to wane. National Nutrition Month is an opportunity to refocus and grab that healthy lifestyle. Some simple ways of redesigning a diet include:

- **Reducing or eliminating sugary drinks and sodas.** They add unnecessary calories and help us pack on the pounds without much effort.

WHAT'S IN THIS MONTH'S ISSUE:

- National Nutrition Month
- March Madness Nutrition Challenge
- Hydration Bingo
- Veggie Pita Pizza and More!

- **Pile on the vegetables.** Vegetables are low in calories and high in nutrients. Be sure to include a variety of colors in your diet.
- **Serve smaller portion sizes.** One way to do this is to use a salad plate instead of a dinner plate when serving your meal. Another option is to eat smaller meals more often.
- **Eat smarter snacks.** That doughnut looks so good, but it will likely leave you unsatisfied very quickly. Try snacks with protein like nuts or yogurt.
- **Try a meal kit program.** Many of these programs offer light meals. Since these kits are portion-controlled, it makes preparing meals with appropriate serving sizes easier.
- **When dining out,** choose from the lighter side of the menu and only eat half of the dish. Take the rest home for another meal later.
- **Hydrate. Hydrate. Hydrate.** Carry a water bottle with you every day and refill it throughout the day.

Eating healthier comes with a lot of benefits that stick with you for the long haul. Combined with exercise, healthy eating makes our bodies stronger and improves our immune system. Together they also reduce our risk for chronic illnesses like diabetes and heart disease. A healthy diet and exercise also make us stronger and help us to feel better about ourselves because our skin and hair are healthier, the aches and pains are fewer, and we have more energy.

MATCH UP

MARCH MADNESS AND NATIONAL NUTRITION MONTH

SCORE POINTS, WIN PRIZES.



Welborn Foundation
Wellness & Fitness Center

Welborn Foundation Wellness & Fitness Center

Name: _____
E-mail: _____
Total Points: _____

Track your nutrition points. Earn points as if you're playing in a basketball game: 2 points for simple nutritional choices, 3 points for healthy meal nutritional habits up a notch, and 3 points or more for the more challenging nutritional habits, 50 points for missed points on closed days.

MARCH LEAGUE MADNESS Nutrition Calendar

Day	Points	Task
Sunday	2	Wellness Center Facebook, Instagram, TikTok, and Snapchat: @ivytechwellness
Monday	2	Track to lose your name today (i.e. pulled check, brownie, etc.)
Tuesday	3	Substitute a portion of fruit or veggie for meat (i.e. veggie burger)
Wednesday	2	No soft drinks today
Thursday	2	Pack a healthy lunch to take with you today
Friday	1	Have at least 1 meal with a vegetable
Saturday	2	Eat a breakfast that includes whole grains, cereal, cheese, and fruit
1	2	Eat a breakfast that includes whole grains, cereal, cheese, and fruit
2	2	Cook all your meals from scratch
3	2	Use the grocery list you made and stick up on the fridge
4	3	Use the grocery list you made and stick up on the fridge
5	3	Use the grocery list you made and stick up on the fridge
6	2	Use the grocery list you made and stick up on the fridge
7	3	Use the grocery list you made and stick up on the fridge
8	3	Use the grocery list you made and stick up on the fridge
9	3	Use the grocery list you made and stick up on the fridge
10	3	Use the grocery list you made and stick up on the fridge
11	3	Use the grocery list you made and stick up on the fridge
12	3	Use the grocery list you made and stick up on the fridge
13	3	Use the grocery list you made and stick up on the fridge
14	34	Points: You're on your way to being a nutrition superstar! (You win small prizes i.e. high-lighters, hand sanitizer, keychain flashlight)
15	3	Use the grocery list you made and stick up on the fridge
16	1	Use the grocery list you made and stick up on the fridge
17	2	Use the grocery list you made and stick up on the fridge
18	3	Use the grocery list you made and stick up on the fridge
19	3	Use the grocery list you made and stick up on the fridge
20	3	Use the grocery list you made and stick up on the fridge
21	3	Use the grocery list you made and stick up on the fridge
22	3	Use the grocery list you made and stick up on the fridge
23	3	Use the grocery list you made and stick up on the fridge
24	31	Points: You're a dynamo in the nutrition world! (You win a medium prize i.e. water bottle, lunch tote, backpack)
25	3	Use the grocery list you made and stick up on the fridge
26	9	Use the grocery list you made and stick up on the fridge
27	1	Use the grocery list you made and stick up on the fridge
28	2	Use the grocery list you made and stick up on the fridge
29	3	Use the grocery list you made and stick up on the fridge
30	3	Use the grocery list you made and stick up on the fridge
31	56	Points: You're a nutrition ROCK STAR! (You win a large prize i.e. t-shirt, exercise equipment, gift card)

[Click Here](#)

Be a Nutrition Superstar!

Hydration Bingo

Complete at least 10 squares, then turn in BINGO card by April 1 to be eligible for a prize. **March 1-31**

Eat some celery today. (95% water)	Track how much water you drink today.	Keep a reusable water bottle with you all day.	Try herbal tea (hot or cold)	Set a reminder to drink water each hour.
Drink 8 oz of water before every meal today.	Eat a cup of watermelon (92% water)	Drink 8 oz of water first thing.	Drink 8 oz of water while waiting for coffee/tea to brew.	Drink 8 cups of water on two separate days.
Eat bell peppers (92% water and high vitamin C)	Carry a water bottle and finish before returning home.	Spread out your water intake for the day before lunch.	Share your water intake with a friend to see how you stay hydrated.	DIY zucchini noodles (95% water)
Choose water over soda all day.	Share your fruit-infused recipe on social media and tag us.	Track how much water you drink today.	Flavor water with cucumber.	Unused strawberry tops? Use to flavor your water. (Clean them well first.)
Choose sparkling water over soda.	Drink lemon infused water. (Clean lemon peel well.)	Hit your daily water goal before sitting down to watch TV.	Add a 1/2 cucumber to your snack.	Eat a half grapefruit. (91% water).

POP-UP FITNESS: DANCE

ZUMBA 101 W/ BETO PEREZ
THURSDAY, MARCH 14
11:30 - 12:00

BEGINNER COUNTRY LINE DANCE
THURSDAY, MARCH 21
12:15 - 12:45

VIDEO GUIDED CLASSES TAKE PLACE IN THE FITNESS CENTER GROUP EXERCISE ROOM.

Welborn Foundation Wellness & Fitness Center



Eat these Superstar Foods

If you want to achieve nutritional excellence and really "feel the power" of food, be sure to eat the following foods regularly:

- Berries, any variety
- Apples - any variety
- Oranges/any whole citrus
- Red/Purple Grapes
- Pomegranates
- Plums
- Cherries
- Tomatoes
- Avocados
- Kiwi
- Pears
- Peaches
- Cantaloupe
- Watermelon
- Carrots
- Cauliflower
- Mushrooms - any variety
- Broccoli
- Brussels Sprouts
- Cabbage - any variety
- Asparagus
- Sweet Potatoes
- Red/Orange/Yellow Bell Peppers
- Canned 100% pumpkin
- Onions, especially red
- Winter Squash - any variety
- Any dark leafy greens (kale, collards, swiss chard, etc.)
- Any dark lettuce greens (spinach, romaine, arugula, etc.)
- Whole oats (steel cut or "old-fashioned" are best)
- Any fresh or dried herbs/spices - especially ginger, rosemary, turmeric, curry, garlic
- Dark Chocolate - prudent portion
- Organic plain, unsweetened soy milk
- Fresh or canned salmon, especially wild
- Skinless Poultry (turkey/chicken)
- Low-fat or non-fat plain yogurt
- Edamame
- Tofu
- Tempeh
- Extra Virgin Olive Oil
- Nuts - any variety
- Seeds - any variety
- Lentils
- Quinoa



Grocery Store List



Eat Your Veggies!

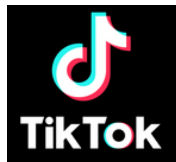
Veggie Pita Pizza

Pita pizzas are delicious and easy to make. Plus, this is another way you can get in your veggies.

This recipe calls for spinach, mushrooms, black olives, tomatoes, and red onion along with tomato sauce, basil, and mozzarella cheese (part skim). (Tip: Lightly spread extra virgin olive oil over the pita and sprinkle garlic powder on top of that. It really gives it an extra kick!)

It only takes 8 - 10 minutes to bake one of these with your oven preheated at 400 degrees.

Kids love it and have fun making their own pizza, plus, it's a great way to spend quality time with your kiddos!



FOR MORE INFO VISIT:

March Wellness Calendar

Garlicky Parmesean Zucchini Bake

Get Outdoors for Spring Break!

Trails and Parks



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