

Nutrition Month

March
2021

What:

Health and Wellness Ministry presents Health Challenge for March - Nutrition Awareness Month

We encourage you and your friends to participate in the weekly challenges to take your nutritional intake to an optimum level and eliminate unhealthy eating habits.

Take part, have fun and journal your accomplishments. Thanks in advance for incorporating great habits into your everyday lifestyle.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 March 1-6	1 Cardio exercise to increase heart rate (jogging, dancing); Moderate exercise 30 minutes walking each day; increase your prayer time by 15 minutes.	2	3 Shop & buy fresh fruits and vegetables; Remember the 3 W's...Wear a MASK, Wash your hands, Wait 6 ft apart for Social Distancing.	4	5	6
7 March 7-13	8 Cook a new healthy recipe for you or your family; Exchange nutritious recipes with friends and family.	9	10 Continue your walking 30 minutes daily; Limit your salt intake; Add upper body exercise to your routine	11	12 Drink more water 6-8 glasses daily; Check in on and pray for your family members; Remember the 3 "W"	13
14 March 14-20	15 Wear a MASK, Wash your hands, Wait 6 ft for Social Distancing	16 Meditation and Deep breathing exercises several times a day; Work on a Word Search puzzle that challenges your thinking; Eat a nutritious Breakfast daily; Cut out late night snacking; Remember the 3 "W"s	17	18 Wear a MASK, Wash your hands, Wait 6 ft for Social Distancing. Drink more water.	19	20
21 March 21-27	22 Increase your daily walking by 10-15 minutes or lower body exercise. Decrease your TV time by 3 hours; Choose healthy snacks; Find and read scriptures that speak about caring for your temple and healthy eating. Remember the 3 "W's	23	24 Wear a MASK, Wash your hands, Wait 6 ft for Social Distancing. Drink more water.	25	26	27
28 March 28-31	29 Continue Heart Healthy diet; Journal all your self care accomplishments; take time for yourself. Remember the 3 "W's	30	31 Wear a MASK, Wash your hands, Wait 6 ft for Social Distancing.	1	2	3