

MARCH
2021

Nutrition Wellness Month



S M T W T F S

1 Practice the Habit of Mindful Eating

2 Say thank you to everyone who prepares your food, even yourself!

3 Jumpstart your day with a balanced breakfast

4 Visit your local farmers' market for fresh and organic produce

5 Have screen-free meals today! Keep your mobile phone away and your TV off during meal time

6 Ask everyone in the house to help in planning and preparing meals.

Teamwork makes the dream work!

7 Learn how to read a Nutrition Facts label

8 Practice chewing your food properly

Savor every flavor and texture of your food

9 Pause and take a moment to express gratitude before you eat

10 Brighten your meal with colorful fruits and vegetables. Create one meal today with at least 4 colors.

11 Say thank you to everyone who prepares your food, even yourself!

12 Try a new healthy recipe

13 Celebrate **#WorldSleepDay** by knowing which food can help to achieve better sleep

14 Pick a new vegetable to try!

And, maybe include it in a new recipe

15 Try the **Raisin Meditation**

16 Today, remind yourself: **"Be Grateful For What You Have, Even When It Isn't Easy."**

17 Look for a better and healthier alternative of your favorite snacks

18 Say thank you to everyone who prepares your food, even yourself!

19 Celebrate **1st Day of Spring** with a fun stay-at-home picnic

20 Celebrate **Happiness Day!** Spread happiness by volunteering or donating to a food bank

21 Create a healthy shopping list and stick to it!

22 Don't rush your meal today. Eat more slowly and enjoy the food

23 Today practice saying "thank you" with sincerity

24 Lessen your caffeine consumption by switching to green tea

25 Today remind yourself **"I eat to nourish and energize."**

26 Grab a bar of dark chocolate - the darker, the better. Best paired with sweet fresh fruit and nuts!

27 Throw a virtual-themed dinner party with friends and families

28 Fill half of your plate today with fruits or veggies, or both for one meal

29 Learn to recognize your hunger cues

30 Remind yourself today: **"Be thankful for loving every spoonful!"**

31 Take your dinner 30 minutes earlier than your usual dinner time

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#YearOfWellness Calendar

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#YearOfWellness



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