



Tips

Try sending our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

Five (Realistic) Weeks to Eat Healthier This Month

March 3

Go, go, H2O.

We all know drinking water helps in nearly every aspect of wellness, but drinking the recommended amount per day can be challenging. If you're struggling, check out electrolyte powders this week. Electrolyte powders are a form of electrolyte and mineral supplements you can add to your water to keep you hydrated. Examples include Mio, Propel, GU hydration and etc.

March 17

Opt for color.

When in doubt, throw some color on your plate — natural color. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, but this week, they'll also give you a healthy boost.

March 31

Shop the perimeter.

Pay attention at the grocery store this week. Shopping at a supermarket's outside aisles ensures you're getting healthy alternatives to processed foods like produce, meat and dairy. When you move inward, most, if not all, of the products contain unnecessary additives and sugar.

Source: [nationaltoday.com](https://www.nationaltoday.com)

March 10

Choose food over supplements.

Though some sincerely lack specific vitamins and minerals that can't be achieved through diet alone, most of the good things our bodies need come from food — not store-bought supplements. This week, ditch these unreliable sources of nutrition and focus on whole foods.

March 24

Pack your lunch.

Depending on your work environment, this may or may not apply to you. Either way, this week, avoid the typical restaurant or fast-food grease and instead pack your lunch. It's not just about the poor nutrition in restaurant food — perhaps even more important is the ability to control portion size.