

# Happy March



Welcome to our March wellness newsletter! This month, we celebrate National Nutrition Month with healthy eating tips, highlight Sleep Awareness Week for better rest, and promote Colorectal Cancer Awareness with screening reminders. Don't miss Let's Laugh Day on March 19 — a perfect time to find joy, and the Spring Equinox on March 20 - a period of growth and expansion.

## National Nutrition Month

Nutrition helps you maintain a healthy weight, reduce the risk of disease and improves your mood.

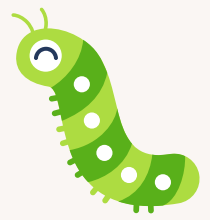
March is National Nutrition Month, a time to focus on making informed food choices and building healthy eating and activity habits.

### Tips for Healthy Eating:

- Stay hydrated
- Eat more fruits and vegetables
- Cut back on sugar and sodium
- Incorporate healthy fats
- Cut back on sodium



[50 Healthy Recipes](#)  
[Other Healthy Recipes](#)



## March 9-15: Sleep Awareness Week

Sleep is vital for recharging your body and mind, keeping you refreshed and alert. It supports overall health and helps prevent disease. Without enough rest, brain function declines, affecting concentration, clarity, and memory.

The physical and mental functions supported by sleep:

- Learning and memory consolidation
- Emotional regulation
- Judgment and decision making
- Problem solving
- Energy conservation
- Growth and healing
- Immunity



Ways to improve sleep:

- Establish a consistent sleep schedule - set regular bedtime and wake-up time
- Prepare your environment for sleep - dark, quiet and cool
- Limit screen time before bed - avoid electronic devices at least 1 hour before bedtime
- Engage in relaxing activities before sleep - meditation or deep breathing
- Stay active during the day - avoid vigorous exercise close to bedtime

6 Steps for Healthy Sleep

## Colorectal Cancer Awareness Month

Colorectal cancer ranks as the third leading cause of cancer death in both men and women in the U.S. Raising awareness about screening is key to early detection and better outcomes. Screening options include stool-based tests and visual exams like colonoscopies.

Screening recommendations for people at average risk:

- Regular screenings to begin at age 45
- People in good health continue to screen through age 75
- People aged 76-85 should screen based on person's preference, life expectancy, overall health, and prior screening history
- People over age 85 don't need to screen



## Colorectal Cancer Awareness Month continued

People with an increased risk for colorectal cancer:

- 1+ family members who've had colon or rectal cancer
- Had specific types of polyps removed during colonoscopy
- Had radiation to the abdomen or pelvic area for previous cancer treatment

People with a high risk for colorectal cancer:

- Have inflammatory bowel disease (Crohn's disease or ulcerative colitis)
- Have certain genetic syndromes

[Check your cancer risk here.](#)

## March 19: Let's Laugh Day

Celebrated on March 19, Let's Laugh Day highlights the power of laughter and its many benefits for physical and mental well-being.

Here are some ways to enjoy and make the most of it:

- Physical health benefits - Laughter can reduce blood pressure, boost the immune system, and even burn calories—up to 50 calories with 10-15 minutes of laughter
- Mental health benefits - It helps relieve stress, improve mood, and reduce symptoms of depression
- Social benefits - People who laugh often are perceived as friendly and tend to have stronger social connections

[100 Best Comedy Movies of All Time](#)



## March 20: Spring Equinox

The Spring Equinox in the Northern Hemisphere, marks the start of spring and symbolizes renewal, growth, and a deeper connection with nature and there are equal amounts of daylight and night - 12 hours each.

### Spring Equinox Rituals

- Plant seeds
- Set intentions
- Move your body
- Wake up as the sun rises
- Spring cleaning
- Gather outdoors
- Garden
- Be creative



### Four Ways to Embrace the Benefits of the Spring Equinox:

- Meditate in the morning
- Do yoga outside
- Incorporate crystals and stones
- Set an intention for the season

Happy  
St. Patrick's  
Day

St. Patrick's Day, celebrated on March 17, is a time to embrace Irish culture with parades, music, and plenty of green. It's a day to gather with friends, share some laughs, and maybe even catch a bit of the "Luck of the Irish" along the way!