

# 2022 EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE

MARCH 2022

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year-long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!

## MARCH

### Track Your Nutrition

GOAL: Become more aware of what and when you eat



"Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: 'Thank you!'"

-Karen Salmansohn

Take a look at your current eating habits. Are you eating a variety of fruits, vegetables, grains, protein, and dairy? Do you eat throughout the day or have long gaps between meals? Are you prone to late-night snacking? The first step to making changes in your diet is being aware of what and when you eat. In March, we are challenging you to track your nutrition to gain this awareness. As you gain this awareness, think of small, manageable changes that you can make that are rich in nutrition. Simple changes can be:

- Start your day by having fruit with breakfast
- Look for low/no sodium options for foods.
- Instead of sandwich bread, try whole-grain bread.
- Pick out a vegetable that you've never had and try a new recipe.
- Pack nutritious snacks for your day, like sliced apples or bell peppers.
- Move to low-fat or fat-free dairy milk or yogurt.
- Switch out soda for seltzer water.
- Refrain from snacking after dinner or switch your late night snack for a healthier option.

# MARCH RESOURCES

## VIDEO MESSAGE



### My Food Log

Use this log each day to track when, what, and how much you eat and drink. Also track how many calories you take in.

### **Intuitive and Mindful Eating**

Learn more about Mindful Eating with [this webinar](#) featuring Wendy Chatham from Health Connections at MedStar St. Mary's Hospital. AND Learn more about Intuitive Eating with [this webinar](#) featuring Erin Jewell from University of Maryland Extension.



Remember to submit your reflections from tracking your food by April 1 to be entered to win this month's prize!

SUBMIT YOUR FOOD  
TRACKING  
REFLECTIONS HERE