

Monday
1

March is **National Nutrition Month**, and what better time to learn about the [2020-2025 Dietary Guidelines for Americans](#)?

8


Helping others can boost your overall sense of wellbeing. Find a local volunteer opportunity or offer to virtually mentor someone who is looking to build skills in your area of expertise.

15

Reduce your sodium intake (and high blood pressure risk) by skipping highly-processed snacks, sauces and fast food. **#NationalNutritionMonth**

22

Why DE&I? [Diverse, equitable and inclusive organizations drive employee satisfaction, boost wellbeing and deliver better business outcomes.](#)

29
Wake up and move!

Starting your day with a workout, yoga flow, walk or stretch will get your blood flowing, boost your mood and improve energy levels throughout the day.

Tuesday
2


Help your employees create a budget, build a financial plan and reduce stress with a [financial wellness program](#).

9

Pick up a healthy and fun new lifestyle skill this month that the whole family will enjoy—learn how to cook! Not sure where to start? [Try this cooking demo with Mon!](#)

16

Meditation is a skill that takes patience and practice to learn. Try a daily guided meditation or [give our virtual mindfulness dice a roll](#).

23

It's Diabetes Alert Day. Commit to learning the [facts and risk factors of type 2 diabetes](#) today.

30


Avoid the work-from-home blues with these [culture-boosting tips to stay connected and productive](#).

Wednesday
3

No weights? No problem! Use household items like water bottles, canned goods, backpacks or laundry detergent bottles for extra resistance and a more challenging workout.

10

Did you know that 90% of Americans don't meet the daily recommended vegetable intake. [Discover easy ways to incorporate nutritious food into your lifestyle.](#) **#NationalNutritionMonth**

17


Hydration Tip: Eating water-rich vegetables like cucumber and zucchini can help you reach your daily hydration goals.

24

Make the most of your TV time: jog in place during commercials or do 10 squats on the half hour.

31

Looking for productive ways to fill your free time? Teach yourself a new language! There are plenty of free and low-cost apps and online resources to help you along the way.

Thursday
4

Staying on task while working from home can be challenging, but with the right tools you can [keep your workforce motivated, productive and engaged](#).

11

Practice good posture to avoid back pain. Sit up tall, roll your shoulders back and tighten your core.

18

Can't bring yourself to wake up early to workout? Fit in exercise when it works for you. Take an active lunch break, schedule mini-workouts throughout the day or get moving after work.

25

Avoid the midday slump. Stay energized with a protein-rich snack like nuts, hardboiled eggs or Greek yogurt. **#NationalNutritionMonth**

Friday
5

Show your employees how much you care with a team social hour, gift card or personal thank you notes for **Employee Appreciation Day**.

12

Get ready to Spring forward! Daylight Savings Time starts this weekend. Don't forget to set those clocks one hour ahead.

19

Getting quality sleep is important every day of the year. Celebrate **World Sleep Day** by practicing better sleep hygiene with [expert advice from Dr. Matthew Walker](#).

26


Painting, sketching, doodling: art is a great way to relax and express yourself!

Nutrition is just one piece of a much larger wellbeing puzzle.

Develop a [wellbeing ecosystem](#) that addresses the unique needs of your diverse workforce.