

WEALTH IN WELLNESS

MARCH WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments



MARCH IS NATIONAL NUTRITION MONTH

National Nutrition Month® is celebrating its 50th year of recognition! Everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme is "Fuel for the Future". Eating with sustainability in mind is a tasty way to nourish yourself during every phase of life and protect the environment. Follow these tips to help create healthy habits that are sustainable and celebrate your unique needs:

- Eat with the environment in mind. Buying foods in season and shopping locally not only benefits the planet, but also may help you keep food costs down.
- See a Registered Dietitian (RDN). Good nutrition can positively influence your health, and there are many ways to eat healthfully. Ask your doctor for a referral to a RDN who specializes in your unique needs.
- Stay nourished and save money. When prices of food and other goods go up, buying healthful foods may not feel like a priority. Yet, many healthful foods are filling, cost less overall, and help to manage or reduce your chances of developing certain chronic diseases.
- Eat a variety of foods from all food groups. Fruits, vegetables, grains, protein, and dairy all play a role in fueling your body. Choosing a variety of healthful foods is important, since foods can differ in the nutrients they provide.
- Make tasty foods at home. To increase variety in your eating routine, try new flavors and foods from around the world. Cooking at home also helps you learn new skills and can help you find creative ways to use leftovers, rather than tossing them away.

Learn more about #NationalNutritionMonth at <https://www.eatright.org>.

COLORECTAL CANCER AWARENESS

Colorectal cancer (CRC) is the second deadliest cancer in the United States. Every March, National Colorectal Cancer Awareness Month spotlights this disease and inspires more people to get checked starting at age 45.

Two reasons why getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can find colorectal cancer early, when treatment is most effective.

One in 24 people will be diagnosed with CRC in their lifetime, but you can make a difference today. Talk to your doctor about the best time for you to get screened. Learn about ways to build awareness and how to get support at <https://www.ccalliance.org>.





KEY STEPS TO BETTER SLEEP

A good night's sleep delivers many benefits, including regulating body weight, supporting normal functioning of hormones that control appetite and hunger, and helping people meet nutritional and exercise goals. Follow these tips to help get a better night's sleep:

- Follow a regular sleep schedule. Set daily sleep and wakeup times and stick to it, even on the weekend.
- Avoid napping in the late afternoon or evening. Naps late in the day will keep you up at night.
- Develop a bedtime routine. Take a shower, practice self-care, read a book...whatever you do, do it in the same order and at the same time each night to help you wind down.
- Avoid screens at least one hour before bedtime. Most devices emit blue light, which disrupts your body's natural circadian rhythm.
- Use low light in the evenings. Artificial light can signal your brain that it's time to be awake.
- Avoid eating large meals close to bedtime. The activity of your digestive system impacts your sleep.
- Stay away from caffeine late in the day. Some days, this feels impossible. Even switching to decaf for that late-in-the-day coffee or tea can make a difference.
- Remember, alcohol won't help you sleep...well. The quality of sleep under the influence of alcohol is far less than without. It's also harder to stay asleep with alcohol in your system.



WHAT'S HAPPENING THIS MONTH?

VIRTUAL LEARNING TABLE

Attend one of our monthly 30-minute virtual "Learning Table" sessions to learn more about improving your health and well-being:

- **March: Tips and Tricks for Proper Portioning**
Thursday March 9th at 8:00am or
Thursday March 23rd at 3:30pm
- **April: How Social Connections Influence Longevity**
Thursday April 13th at 8:00am or
Thursday April 20th at 3:30pm



Join our Zoom Meeting:
<https://bit.ly/3Hr1Ztn>
Meeting ID: 872 7191 0533
Passcode: 690755



Don't forget to download your Bingo card!

Find our 2023 wellness resources at:
<https://www.co.monroe.wi.us/departments/personnel>