

# March 2016

## Sullivan Benefits



## National Nutrition Month

March is National Nutrition Month, a time to return to the basics of healthful eating or to simply find new ways to stay healthy. Adopting eating plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise is key to achieving and maintaining a healthy weight, reducing your risk of chronic disease and promoting overall health.

Maintaining a healthy lifestyle is completely under your control if you keep the following steps in mind:

- Follow the USDA [MyPlate](#) example, a visual reminder of what each meal should consist of.
- If you have kids, set a good example by showing them how healthy foods can be enjoyable.
- Replace junk food with healthier snacks that are easily accessible when you feel hungry between meals.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

National Nutrition Month – [www.nationalnutritionmonth.org/nnm/](http://www.nationalnutritionmonth.org/nnm/)  
 National Cheerleader Safety Month – [www.cheersafe.org/about/national-cheerleading-safety-month](http://www.cheersafe.org/about/national-cheerleading-safety-month)  
 National Endometriosis Awareness Month – [www.endometriosisassn.org](http://www.endometriosisassn.org)  
 National Colorectal Cancer Awareness Month – <http://preventcancer.org/> National Kidney Month – [www.kidney.org](http://www.kidney.org)  
 Trisomy Awareness Month – [www.trisomy.org](http://www.trisomy.org)  
 National Problem Gambling Awareness Month – [www.npgaw.org](http://www.npgaw.org)  
 Save Your Vision Month – [www.aoa.org](http://www.aoa.org)  
 Workplace Eye Wellness Month – [www.preventblindness.org](http://www.preventblindness.org)  
 National Sleep Awareness Week (6-13) – [www.sleepfoundation.org](http://www.sleepfoundation.org)  
 National School Breakfast Week (7-11) – <https://schoolnutrition.org/nsbw/>

National Women and Girls HIV/AIDS Awareness Day (10) – [www.womenshealth.gov](http://www.womenshealth.gov)  
 World Kidney Day (10) – [www.worldkidneyday.org](http://www.worldkidneyday.org)  
 Patient Safety Awareness Week (13-19) – [www.npsf.org/?page=awarenessweek](http://www.npsf.org/?page=awarenessweek)  
 Brain Awareness Week (14-20) – [www.dana.org/brainweek](http://www.dana.org/brainweek)  
 National Poison Prevention Week (15-21) – [www.poisonprevention.org](http://www.poisonprevention.org)  
 National Native American HIV/AIDS Awareness Day (20) – [www.nnaapc.org](http://www.nnaapc.org)  
 Flood Safety Awareness Week (16-22) – [www.floodsafety.noaa.gov](http://www.floodsafety.noaa.gov)  
 American Diabetes Alert Day (22) – [www.diabetes.org/in-my-community/programs/alert-day](http://www.diabetes.org/in-my-community/programs/alert-day)  
 World Tuberculosis Day (24) – [www.stoptb.org/events/world\\_tb\\_day](http://www.stoptb.org/events/world_tb_day)  
 Tsunami Preparedness Week (March 27- April 2) – <http://nws.weather.gov/nthmp/tpw/tsunami-preparedness-week.html>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 National Sleep Awareness Week	7 National School Breakfast Week	8	9	10 World Kidney Day National Women and Girls HIV/AIDS Awareness Day	11	12
13 Patient Safety Awareness Week	14 Brain Awareness Week	15 National Poison Prevention Week	16 Flood Safety Awareness Week	17 St. Patrick's Day	18	19
20 National Native American HIV/AIDS Awareness Day	21	22 American Diabetes Alert Day	23	24 World Tuberculosis Day	25 Good Friday	26
27 Easter Sunday Tsunami Preparedness Week	28	29	30	31		

## Sullivan Benefits

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