

## Resources to engage your population in their health and well-being



**MARCH 2024**

### Shape up your routine this spring

This month, we've prepared materials to motivate your employees to shape up several healthy habits. In recognition of National Nutrition Month™, we're sharing simple healthy eating tips. March is also Sleep Awareness Month, so, we've included information about sleep quality and duration.

Click the buttons below to download these materials and save them to share with your company. To make sharing this information even easier, you can simply copy and paste the text from the blurbs below and add it to your company's newsletter or intranet.

#### **Nutrition made simple**

If you're not doing so already, spring is a great time to start thinking about what foods go on your plate and whether your meals are comprised of foods from all the major food groups.

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#### **Fitness is for life**

Exercise is one of the best things you can do for your health and well-being. No matter your age or stage in life, there are many healthy reasons to exercise and many exercises you can participate in.

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#### **Sleep better for a healthier you**

Did you know that sufficient sleep is just as important to your health as healthy eating and exercise? As you sleep, your body restores itself for

the next day. Both the quality and duration of sleep are important for physical, emotional, and mental health.

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### March Resource Roundup

Get timely posts and resources for the month.

### Member Webinars

View past webinars and register for upcoming webinars.

### 2024 Activity Guide

Plan your communications for the year.

**Caring for you in all ways. Always.™**

**Health Advocate is here to help you and your family with any health or well-being issues.**

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