

WELCOA* | MARCH 2019

WELL BALANCED^o

*The Nutrition
Issue*

CRUNCHY ROMAINE SALAD

**WITH SWEET CORN &
CILANTRO-HONEY
DRESSING**

YOUR 2019 GROCERY GUIDE

**NAVIGATE THE
AISLES**

SET YOUR SIGHTS ON EYE HEALTH

**4 BEST PRACTICES
FOR PROTECTING
YOUR VISION**





EMPLOYEE HEALTH & WELLNESS PROGRAM

unk.edu/wellness

This is what WELL BALANCED™ looks like to me...



@kraepauly



@mallory.rdn



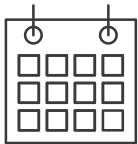
@drannwellness



@onsitewellnessllc

WANT TO BE A PART OF #wellbalanced

Share your well balanced moments by tagging us on social @WELCOA using #wellbalanced with a chance to be featured in an upcoming issue of WELL BALANCED™.



MARCH IS Nutrition MONTH

Food is "any nutritious substance that people or animals eat or drink... in order to maintain life and growth."

BULK UP ON YOUR HEALTH

On your next visit to the grocery store take your own jars/bags so you can refill them every time you go. Automatically add nutrients to your diet and cut back on packaging.



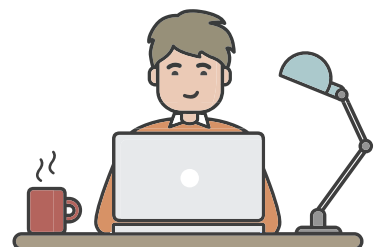
DITCH THE FAD DIET

Instead of dieting, try a self-care and mindfulness-based approach to weight loss that is grounded in value-centered lifestyle changes.



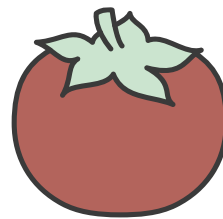
GIVE YOUR EYES A BREAK WITH THE 20-20-20 RULE

Remember to take regular breaks from your computer screen by looking away every 20 minutes at something 20 feet away for 20 seconds.



CONSCIOUS CONNECTING

Keep your head up, and your phone down. Connect with peers through a cooking class, a brief walk, or a paint night with a group of close friends.



THE REDDER THE TOMATO

The smaller and the redder the tomato, the greater the concentration of lycopene, which helps protect our hearts and brains.

