

SHARECARE CHALLENGES

MARCH 2023

As winter gives way to warmer and longer spring days, make a plan to clean up your health routine. Making healthy choices isn't always easy, but now as spring gets underway, it's time to jumpstart your warmer-weather groove. Try to limit your sugar intake and eat more fruits, vegetables, whole grains, and lean protein. Be mindful of your stress and find ways to relax. Incorporate more movement into your daily routine. Remember, even small changes can lead to big results.

Beginning this Month...

Spring Clean Your Routine
March 1, 2023 through May 31, 2023
Goal: Earn 75 Green Days

Spring Into Action
March 1, 2023 through May 31, 2023
Goal: Walk 300K Steps

Challenges

Running

March 1st

through 31st

Spring Greens

Track diet for 31 days

Green fruits and veggies, in particular, contain lutein, which is tied to anti-inflammatory effects. Some research suggests it's especially beneficial for eye health. Dark greens, like kale, also contain beta-carotene and zeaxanthin, which help protect cells from damage. Green foods are also linked to stronger bones and muscle. This month, eat more green foods, such as spinach, avocado, broccoli, asparagus, green peppers, and sweet peas.

Spring Forward

Track sleep for 31 days

It's that time of year! On March 12th, most people will move their clocks ahead by one hour for daylight saving time. The change offers extra daylight in the evening, but it also disrupts sleep in the near-term. By taking steps to prepare, you can help keep your body clock running smoothly. Start by gradually adjusting your sleep routine a few days before the clocks spring forward. Shift your bedtime about 20 minutes earlier each night.

For more information, go to mycare.sharecare.com and click the Achieve tab

Power of Positivity

Track for 31 days

There is a strong link between a positive outlook and health. Keeping things in perspective and adopting a growth mindset can help you thrive. If you tend to ruminate, some things you can do to change your outlook include:

- Rather than focus on what you've lost, consider if you've overlooked something positive.
- Try to appreciate something you've taken for granted.
- Shift your focus from perfection to continuous improvement.

Declutter Your Mind

Track stress for 31 days

As winter ends, many people begin the process of spring cleaning. There is nothing wrong with some clutter but research suggests too much clutter can upset your sense of home and damage your sleep, focus, and overall well-being. A tidy living space, however, can boost your mood, give you a sense of control, and improve your social life and health. Set aside 10 to 15 minutes each day to clean up, clear out, or put things away.

Welcome Spring

Track 60K steps

This challenge runs March 20-31.

Spring is here—finally! Need some inspiration to get moving? After a long winter, kick start your spring fitness routine with a steps challenge. Whether you're a beginner or struggling to get your healthy habits back on track, this is the season to put some spring back in your step. Your challenge is to take at least 5,000 steps per day for the next 12 days.

