

**Sunday**

2 CELEBRATE NUTRITION MONTH BY TAKING SMALL STEPS TOWARD BETTER NUTRITION AND EXPERIENCE HOW SUBTLE CHANGES TO YOUR EATING HABITS CAN LEAD TO A MORE ENERGIZED YOU!

**Monday**

3 STAY HYDRATED EARLY! DRINKING A GLASS OF WATER FIRST THING IN THE MORNING JUMPSTARTS METABOLISM, FLUSHES OUT TOXINS, AND BOOSTS FOCUS.

**Tuesday**

4 GO FOR COLOR! THE MORE COLORFUL YOUR PLATE, THE MORE VITAMINS AND ANTIOXIDANTS YOU ARE GETTING. AIM FOR REDS, ORANGES, GREENS, AND PURPLES AT EACH MEAL!

**Wednesday**

5 IT'S NEVER TOO EARLY OR TOO LATE TO WORK TOWARDS BEING THE HEALTHIEST YOU.

**Thursday**

6 START YOUR DAY WITH PROTEIN. A HIGH-PROTEIN BREAKFAST (EGGS, GREEK YOGURT, OR NUTS) KEEPS YOU FULL LONGER AND STABILIZES BLOOD SUGAR. AIM FOR 20-30G OF PROTEIN IN THE MORNING! [LEARN MORE.](#)

**Friday**

7 HALT BEFORE SNACKING. ARE YOU HUNGRY, ANGRY, LONELY, OR TIRED? EMOTIONAL EATING IS COMMON — PAUSE AND CHECK IN BEFORE GRABBING A SNACK. TRY DRINKING WATER FIRST TO SEE IF IT IS THIRST.

**Saturday**

8 CELEBRATE INTERNATIONAL WOMEN'S DAY! HERE'S TO STRONG WOMEN: MAY WE KNOW THEM, MAY WE BE THEM, MAY WE RAISE THEM.



9 SPRING AHEAD: DON'T FORGET TO SET YOUR CLOCKS AHEAD TODAY. REMEMBER YOU WILL "LOSE" AN HOUR, SO MAKE SURE TO GET TO BED EARLIER TONIGHT.



10 FUEL YOUR MOOD! OMEGA-3S FROM SALMON, WALNUTS, AND FLAXSEEDS SUPPORT BRAIN HEALTH AND REDUCE INFLAMMATION. A LACK OF OMEGA-3S IS LINKED TO INCREASED ANXIETY AND DEPRESSION. [CLICK FOR MORE INFO.](#)

**11 CLASSIFICATION & COMPENSATION TOWN HALL MEETINGS**

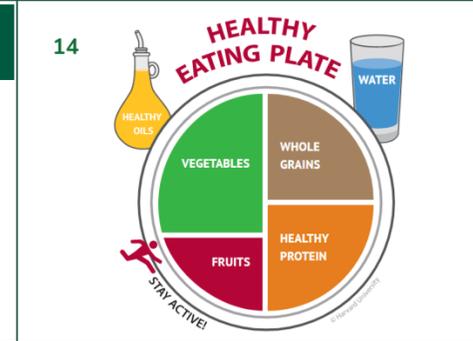
**CLASS & COMP TOWN HALLS: [JOIN FOR A ONE-HOUR IN-PERSON INFORMATION SESSION ABOUT THE IMPLEMENTATION OF THE CLASS AND COMPENSATION STUDY WITH BAKER TILLY.](#) ALL EMPLOYEES ARE WELCOME TO ATTEND!**

**WHAT'S UP WEDNESDAY: [NAVIGATING HR POLICIES: WHAT YOU NEED TO KNOW.](#) JOIN ANDREA ALLEN FOR AN INTERACTIVE SESSION ON CLARIFYING COMMON HR POLICIES.**

- 11 A.M. – 12 P.M.
- EARN 1 TRAINING HOUR!

**FIBER IS KEY! HIGH-FIBER FOODS (LIKE OATS, LENTILS, AND BERRIES) AID DIGESTION AND HELP YOU FEEL FULL LONGER.**

- WOMEN SHOULD AIM FOR 25G DAILY; MEN NEED 38G.



15 SEASONAL PRODUCE: SEASONAL FRUITS AND VEGGIES ARE CHEAPER AND FRESHER. VISIT LOCAL FARMERS' MARKETS FOR GOOD DEALS.

- [FORSYTH FARMERS MARKET](#)
- [ISLAND FARMERS MARKET](#)
- [RICHMOND HILL](#)

16 STEP IT UP: INCREASE YOUR STEPS THIS WEEK BY TAKING YOUR FAMILY TO THE PARK OR GOING FOR A WALK WITH YOUR DOG. THEY WILL APPRECIATE THE QUALITY TIME AS WELL!

17 ENJOY THE ANNUAL ST. PATRICK'S DAY PARADE AND FESTIVITIES HAPPENING IN SAVANNAH! [CLICK HERE FOR EVENT DETAILS AND PARADE INFORMATION.](#)



18 MOVE AFTER MEALS! A 10-MINUTE POST-MEAL WALK IMPROVES DIGESTION AND HELPS LOWER BLOOD SUGAR LEVELS. EVEN STANDING FOR A FEW MINUTES AFTER EATING IS BENEFICIAL! [HERE'S WHY!](#)

19 STAY ACTIVE, STAY FIT – GET REIMBURSED! THE CITY'S FITNESS REIMBURSEMENT HAS INCREASED TO UP TO \$40 PER MONTH FOR 2025. [LEARN MORE ABOUT REQUIREMENTS AND HOW TO SUBMIT!](#)

- Q1 (JAN - MAR) IS DUE BY APRIL 15, 2025



20 *Thriving* Thursday's

[SIMPLE NUTRITION FOR A HEALTHIER YOU!](#) LEARN PRACTICAL NUTRITION TIPS TO BOOST YOUR ENERGY.

- [REGISTER TO ATTEND](#)
- 2:30 – 3:00 P.M. | MEETING ROOM (OPERATIONS BLDG), ADAMS COMPLEX

21 RESTAURANT TIP: SHARE MEALS OR TAKE HALF HOME. RESTAURANT PORTIONS OFTEN PROVIDE ENOUGH SERVINGS FOR TWO OR MORE MEALS. CONSIDER SHARING A DISH OR BOXING UP HALF AT THE START TO ENJOY LATER.

22 [THE EXTRA MILE 5K:](#) ENJOY A FUN RUN CELEBRATING COMMUNITY, FITNESS, AND RESILIENCE WHILE HONORING INDIVIDUALS WITH DOWN SYNDROME.

- 8:00 AM @ 11 GATEWAY BLVD.
- [REGISTER HERE!](#)

23 **THE HARDER YOU WORK FOR SOMETHING, THE GREATER YOU'LL FEEL WHEN YOU ACHIEVE IT.**

24 GO MEATLESS THIS MONDAY! TRY A PLANT-BASED PROTEIN LIKE LENTILS, CHICKPEAS, OR TOFU. A DIET RICH IN PLANT FOODS SUPPORTS LONGEVITY AND GUT HEALTH.

25 THE SAVANNAH STEPPERS ARE BACK! A WALKING INITIATIVE LED BY CITY OF SAVANNAH EMPLOYEES TO PROMOTE MOVEMENT AND CONNECTION. COMPLETELY FREE! OPEN TO ALL EMPLOYEES.

- DAFFIN PARK 5:30 - 6:30 P.M.
- MEET AT FOUNTAIN

26 PAYING FOR CONVENIENCE: PRE-CUT AND PRE-COOKED FOODS ARE CONVENIENT BUT COST MORE. BUY WHOLE FOODS AND PREPARE THEM YOURSELF TO SAVE MONEY. [SAVANNAH STEPPERS](#)

- FORSYTH PARK 5:30 - 6:30 P.M.
- MEET AT FOUNTAIN

27 [PENSION PLAN, 457, AND BENEFITS CLASS:](#) JOIN US FOR A COMPREHENSIVE LEARNING SESSION ON OUR PENSION PLAN, 457, AND EMPLOYEE BENEFITS.

- 9 AM - 12 PM SPD AUDITORIUM - 3401 EDWIN ST

28 READ LABELS! MANY FOODS LABELED "HEALTHY" CONTAIN HIDDEN SUGARS. CHECK INGREDIENT LISTS FOR TERMS LIKE HIGH-FRUCTOSE CORN SYRUP, CANE SUGAR, OR DEXTROSE.



29 [EXPERIENCE A WORLD OF MUSIC IN ONE CITY!](#)

**SAVANNAH MUSIC FESTIVAL**

MARCH 27-APRIL 12, 2025

30 GROCERY SHOP SMART. STICK TO A LIST AND SHOP THE PERIMETER OF THE STORE WHERE FRESH PRODUCE, PROTEINS, AND DAIRY ARE FOUND. THE MIDDLE AISLES CONTAIN MORE PROCESSED FOODS.

31 CHECKING IN: YOU'VE MADE IT TO THE END OF MARCH! HOW ARE YOUR GOALS COMING ALONG? TAKE SOME TIME TO REFLECT AND SET NEW GOALS.



March is National Nutrition Month, and it's all about celebrating how small changes in our food choices can lead to more energy and vitality. With the mantra, *Eat Well: Small Changes, More Energy*, we're focusing on smarter choices that help fuel our body and boost our day. By making simple, intentional changes - whether it's adding more fruits and veggies, increasing your fiber or eating a healthy breakfast - we will feel the difference.



**SCAN ME!**

Scan for the digital copy of the **BenefitU Interactive Calendar.** Enjoy daily tips to help practice activities that support your health & wellbeing.