



## **Employee Wellness**

*Promoting a Culture of Health*

March 12, 2012

Hello Employees!

Happy National Nutrition Month!

### **Week 2: "RETHINK YOUR DRINK"**

Did you know that ordering water instead of soda in restaurants just once a week saves you \$78 and 12,480 calories a year! The average person eats almost 175 pounds of sugar a year, with the single biggest source coming from sugary drinks.

So, challenge yourself to "Rethink Your Drink". Save calories and money by following these simple tips:

- Drink plenty of water
- Choose non-fat or low-fat milk
- Switch from juice to whole fruit
- Skip sports and energy drinks
- Avoid coffee/tea drinks & shakes
- Downsize

**Celebration:** On Friday, bring in your favorite low calorie, low sugar beverage to share with others. Bring Dixie cups so everyone can taste a sample

Stay tuned for week 3 challenge.

In good health,

Your employee wellness team and Lovelace Health Plan