

# March

# 2021

## WELLNESS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Wellness Tshirt	4	5	6
7	8 1 month down how much weight have you lost?	9	10 Wellness Tshirt	11	12 Early out	13
14	15 Spring Break	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break	20
21	22	23	24 Wellness Tshirt	25	26	27
28	29	30	31 Wellness Tshirt			

# MARCH

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

S A V I N G S M A R C H S  
H C O M E P S N T I R C S  
H S I F R B T H U S A R A  
N L I I I K G I D S I A R  
E A N R G I T U M L N M G  
I G D O L R O N D E W W A  
N S A Y K L E R I I N E N  
D G A O C E A E N A S A I  
O D U T I W L D N K S T M  
S H A M R O C K C I K H A  
E A L O T A M O B L P E L  
Y L F M A D L W C M Y R S  
C D N J P C M H S I R I L

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Animals

Birds

Clock

Clouds

Daylight

Fish

Forward

Grass

Green

Irish

March

Patrick

Rain

Saint

Savings

Shamrock

Spring

Sun

Time

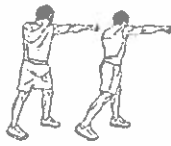
Weather

Wind

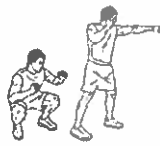
# THE COMMANDER

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

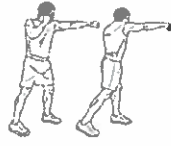
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



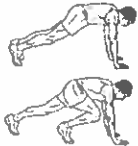
40 jab + cross



20 squat + jab



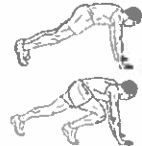
40 jab + cross



20 slow climber



20 push-ups



20 slow climbers



20 sit-ups



20 sitting twists

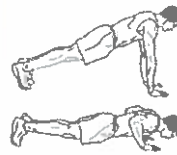


20 sit-ups

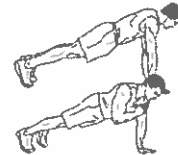
# COMMANDO

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

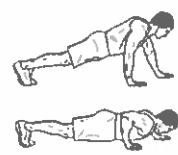
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



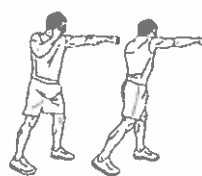
to failure push-ups



10 shoulder taps



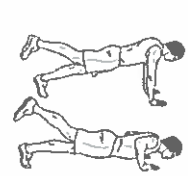
4 staggered push-ups



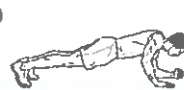
40 punches



40 speed bag punches



4 raised leg push-ups

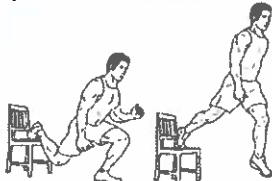


10 up and down planks

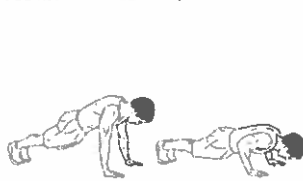
# CONAN

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 split squats



to failure push-ups



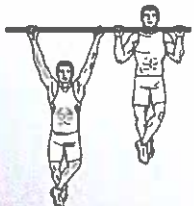
20sec elbow plank



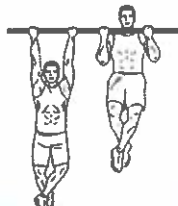
40sec raised leg plank



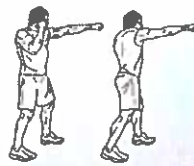
20sec wide leg plank



to failure pull-ups



to failure chin-ups

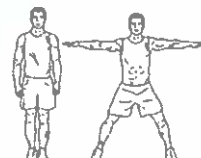


20 punches

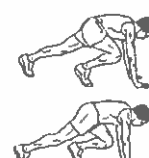
# CONDUIT

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

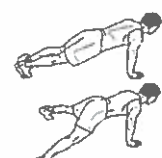
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



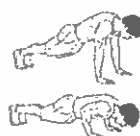
20 jumping Ts



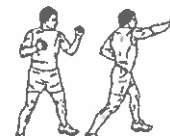
10 climbers



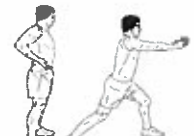
10 plank jacks



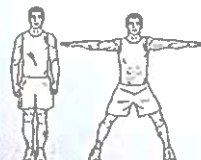
10 push-ups



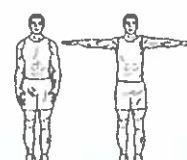
20 palm strikes



10 lunge push strikes



20 jumping Ts

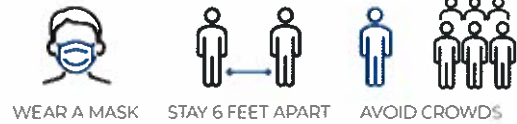


10 arm raises



10 raised arm circles

# March 2021



## Covenant Wellness—Partnership In Health Monthly Newsletter

**Vol. 21 Issue 3**  
**February 26, 2021**

Click the [links](#) for the  
full stories in this newsletter

### Support your health with nutrition

Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and other health problems. No one food or supplement can prevent illness but may help support your immune system by including these nutrients in your overall eating plan on a regular basis.

**Protein** plays a role in the body's immune system, especially for healing and recovery. Eat a variety of protein foods including seafood, lean meat, poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.

**Vitamin A** helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Get this vitamin from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs or foods labeled "vitamin A fortified," such as milk or some cereals.

**Vitamin C** supports the immune system by stimulating the formation of antibodies. Include more sources of this healthy vitamin by choosing citrus fruits such as oranges, grapefruit and tangerines, or red bell pepper, papaya, strawberries, tomato juice or foods fortified with vitamin C, such as some cereals.



By: *Jacee Carter*  
Wellness Coach, BS, NASM BCS

### Find out what works for you by personalizing your plate!

Just like everyone can have a different favorite color, we also have different favorite tastes and food preferences. So it wouldn't make sense for us to tell you "only this" or "only that" is the what you have to be eating as the end all be all ; we will always give you options, saying "such as this" - that way, it helps give you the choices to be successful while deciding your wellness journey.



eat right. Academy of Nutrition and Dietetics

### **STAY HEALTHY DURING SOCIAL DISTANCING OR QUARANTINE:**

**Enjoy healthful foods**

**Hydrate healthfully**

**Stay active and engaged**

**Make mental health a priority**

**Have fun in the kitchen**

**Vitamin E** works as an antioxidant and may support immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds, almonds, vegetable oils (such as sunflower or safflower oil), hazelnuts and peanut butter.

**Zinc** helps the immune system work properly and may help wounds heal. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.



# KEEP IT SAFE

## FROM PURCHASE TO PLATE

**1** DON'T PURCHASE PRODUCE WITH **MOLD** OR **BRUISES** OR **CUTS**

**2** **WASH** ALL PRODUCE BEFORE EATING

**3** **SEPARATE**  
ready-to-eat foods like fruits and vegetables from raw meat, poultry, seafood and eggs

**4** Set fridge to **40°F** or lower

We have surpassed the 1 year mark of the novel coronavirus SARS-CoV-2, the virus that causes COVID-19

*... so now what?*

The [World Health Organization](#) is still responding to the worldwide outbreak, continuing to [raise awareness of protecting](#) those with pre-existing health conditions that put them at a higher risk of developing severe symptoms of COVID 19, and also gathering information about the virus—including new variants—as this has evolved.

There are still several things we can all do to protect ourselves and others. The best safety measures continue to be frequent hand-washing, masking and social distancing.

*The presence of these variants also means it is more important than ever to get vaccinated, when you become eligible.*



Your cloth face covering protects them.  
Their cloth face covering protects you.

Even CDC staff give their reasons for wearing a mask—watch their responses [here](#)



[The CDC has issued a requirement](#) for masks to be worn while on all public transportation, but there has also been a change to state's issuing universal masking mandates.

Masks work, but they work better when we [have a good fit and are worn correctly.](#)



Don't forget to set your clocks forward  
1 hour on Sunday, March 14th!

We get that spring forward time, and lose an hour during the night, in order to use less energy to light our homes by taking advantage of the longer and later daylight hours.

And although it doesn't mean much to Texas weather, the first day of spring will be Saturday, March 20th.

1. Check any carbon monoxide detectors you have in your home, and change the batteries in your smoke detectors.
2. Change the filters in your air vents and clean any fan blades in your home.

3. Look through your medicine cabinet and dispose of any expired medications.

[Following these FDA guidelines](#)

4. [Get Ready](#)—restock your first aid/ disaster kits at home or work.

## Do I need to get screened for colorectal cancer?

Yes! All men and women should be screened for colorectal cancer.

Your individual risk factors – such as ethnicity, lifestyle and family history – will determine when you should start getting checked.

The American Cancer Society recently recommended that adults without a family history should begin colorectal cancer screening at age 45.

**Did you know that screening is the No. 1 way to prevent colorectal cancer, which is the second deadliest cancer in men and women combined?**

Screening can also help detect cancer early, when it's still highly treatable.

This is important, safe, and saves lives!

[#ColorectalCancerAwarenessMonth](#)

## Dress in Blue Day is March 5



**What?** Dress in Blue Day lets allies everywhere join the mission to end colorectal cancer. By wearing blue, you bring awareness to this disease and support the work — as well as honor all who are impacted by colorectal cancer.

**When?** Dress in Blue Day is Friday, March 5.

**All of March is National Colorectal Cancer Awareness Month.**

**Why?** In 2021, an estimated 149,500 people will be diagnosed with this highly preventable disease. They will join more than 1.4 million colorectal cancer patients and survivors living today.

**We go blue for them, their families, and their community.**

1 in 8

Together with



That's how many women in the US will be diagnosed with breast cancer in her lifetime. *And 9% will be younger than 45.*

Scary, but there are things you can do!

Like finding out if any close relatives have had cancer, what kind of cancer they had, and the age when they were diagnosed.

Then telling all that info to your doctor, so they can help you plan your next move.

That's why the [CDC's Bring Your Brave campaign](#) is helping women identify, manage, and lower their risk for breast cancer.

CDC Lisa: Be Your Own Health Advocate

Brought to you by the Centers for Disease Control and Prevention and U.S. Department of Health and Human Services.



Watch [this video](#) about being your own health advocate!



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To unsubscribe email [carterjn1@covhs.org](mailto:carterjn1@covhs.org)  
Next edition: April 2021

Click [here](#) for a list of business that are going beyond the minimum state standards for safety



# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



## 20 Health Tips

### 1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

### 2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

### 3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

### 4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

### 5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

### 6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

### 7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

### 8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at [www.homefoodsafety.org](http://www.homefoodsafety.org).

### 9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

### 10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.



### 11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

### 12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

### 13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

### 14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

### 15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

### 16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

### 17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

### 18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

### 19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

### 20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [www.eatright.org](http://www.eatright.org).**

## **eat right.** Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

**CovenantHealth** 