



The
Solutions
Group

Making Great Companies
Better Places to Work

Work & Wellbeing

March 2016



“Keep your face to the sunshine and you cannot see a shadow.”

— Hellen Keller

How Do Your Eating Habits Stack Up?

Do you get enough veggies? Or consume too much sugar? Try this quick [Rate Your Plate](#) quiz to see how you're doing and what you can improve.

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Make March Nutritious and Delicious!

Food isn't just sustenance; it's also a source of joy, part of family traditions, and often a fun, social experience. During March, National Nutrition Month®, try slowing down and appreciating all the pleasures that mealtime offers:

- Be mindful and take time to enjoy the flavor, color, and textures on your plate.
- Try a new recipe or get creative and give an old favorite a healthy twist. [Try this one!](#)
- Appreciate the entire experience of your meal – the setting, the sounds, and the people you're with.



Stretch it Out

Many people build their exercise program around cardio and weights, but there's a third equally important part of exercise: stretching. Staying flexible, especially later in life, helps you move better and avoid injury.

There are many different ways to stretch – check with a trainer or your doctor to learn what's right for you. [This](#) article provides a good overview of safe stretching techniques.



Can you think yourself into a healthier state?

Yes! Some research says you can reduce stress, lower your risk of death from cardiovascular disease, and develop greater resistance to the common cold if you cultivate a positive outlook on life. There are

many ways to do it – be mindful of your thinking and check negative thoughts, look for humor around you, and connect with positive people. Learn more about the power of positive thinking [here](#).