



DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

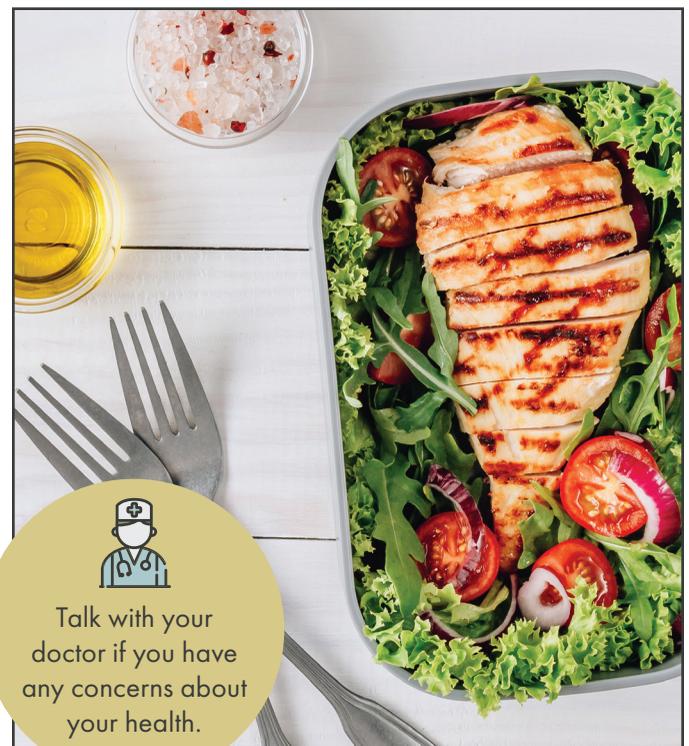
Munching for Months

KICKING COVID-19 QUARANTINE HABITS

We're three months into the new year—are you still stuck with those old habits you picked up during 2020's quarantine? March is National Nutrition Month and in honor of that, we're going to help uncover what caused the change in your lifestyle and how to get you back on track.

SOME QUICK FACTS TO SHOW YOU ARE NOT ALONE:

- » In a survey done by WW (formerly known as Weight Watchers), 72% of respondents said they gained more weight during the 2020 quarantine than during the holidays.
- » Americans increased their workday by 40%. That is adding three more hours on top of the usual workday.
- » Americans now spend 19+ hours staring at screens (laptops, tablets, smartphones, etc.). That is over an estimated 44 years of their lives staring at screens.
- » Working remotely, many people skipped taking mental and physical breaks throughout their day that normally would be built in (commuting, grabbing lunch or coffee, chatting with coworkers, etc.)
- » Increased alcohol consumption: According to the American Heart Association, in 2020, 1 in 4 Millennials and nearly 1 in 5 Generation Xers say they have upped their alcohol intake. Binge drinking is generally defined as four or more drinks for women and five or more drinks in one sitting for men.
- » Stress eating: Which is defined as turning to food to cope with added stress that can worsen physical and emotional health.



Talk with your doctor if you have any concerns about your health.

Research shows that on average, it takes about 66 days to change a habit. So don't wait! You can start now by trying some of these easy Eat Right suggestions created by the Academy of Nutrition and Dietetics:

HEALTHY EATING ON THE RUN

1. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, salad and fresh fruit.
2. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.

3. For desk-top dining, keep single-serve packages of whole grain crackers, fruit, peanut butter, soup, or tuna in your desk for a quick snack.
4. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables are usually lower in calories.
5. Review nutrition information and compare calories. Menu terms that can mean healthier choices include: baked, braised, broiled, grilled, poached, roasted, and steamed.
6. A baked potato offers more dietary fiber, fewer calories and less saturated fat than fries if you skip the sour cream and butter. Top your potato with broccoli and a sprinkle of cheese or salsa.

HEALTHY TIPS YOU CAN DO WHILE WORKING REMOTELY

1. Get up and get moving: Adults should have at least 2 hours and 30 minutes of exercise per week. It can be as easy as taking a walk during the day.
2. Drink more water: Stay hydrated with plenty of water especially if you are increasing your activity levels, an older adult, or live/work in hot conditions.
3. Slow down at meal time: Instead of eating while binge watching your favorite Netflix show, try sitting down at a specific time each day, at a specific location and focus on the food you are eating. Create a positive atmosphere in which to enjoy your meal.
4. Experiment with plant-based meals: Meatless Monday: Many recipes that use meat can be made without it or you can swap it out with a wide variety of budget friendly options.
5. Cut back on your alcohol consumption.

