



Greenwood's NCAA Challenge

It's that time of year again when we fill out our brackets and park ourselves in front of the TV cheering on our favorite teams! This also usually means we are in front of a table full of unhealthy food and drinks. Try our NCAA Challenge where, with just a few changes, you can put yourself on the right track to a healthier month!



GO HUSKIES!



Nutrition:

Along with Leprechauns and Basketball, March is also National Nutrition Month! Eating the right foods is a daily challenge but whether at home, a party or on the go, smarter food choices starts with eating more fruits and veggies. The recommended serving is 3 veggies and 2 fruits per day, a serving is equal to about 1 cup.

Calories:

Try cutting back calories by swapping out a few of your usual game day snacks for healthier options like: fried zucchini sticks, hummus and veggies, guacamole or salsa. Also remember your liquid calories and take a beer time-out. An average 12 oz beer contains 150 calories. Choose a light beer and alternate with water to cut down your liquid calories by about 40%!

Aerobic Activity:

Get your heart rate going! Stand up and cheer for your team. Do some marching in place or jumping jacks during time-outs or go for a walk outside during half-time. In general aim to do cardio exercises 3-5x/wk for 30-45 min, it's also ok to break it up into smaller increments if needed, just get moving!

Anxiety:

Bracket busted? Don't worry...work it out! Don't keep stress in, find an outlet whether it is strenuous like running/walking or calming like yoga/Pilates. During the games play with your kids, take the dog for a walk, or pace the house as you watch the games to work out your frustrations!