

2022 MARCH WELLNESS

**A month of fitness, nutrition and
mental health challenges.**

We've all heard of March Madness – the NCAA Division I men's basketball tournament taking place every March – but what if we joined in on the fun and challenged ourselves to a month of wellness?

At Presbyterian Medical Services, your health is important to us. In the spirit of March Madness, we've created this guide to a month of wellness targeting both your physical and mental health. We hope that you'll participate in our challenges and enjoy the fun of the basketball season!

First round
March 17-18

Second round
March 19-20

Round of 16
March 24-25

Round of 8
March 26-27

Round of 4
April 2

Championship
April 4

Round of 4
April 2

Round of 8
March 26-27

Round of 16
March 24-25

Second round
March 19-20

First round
March 17-18

COLLEGE BASKETBALL 2022

1

16

8

9

5

12

4

13

6

11

3

14

7

10

2

15

1

16

8

9

5

12

4

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10

2

15

1

16

8

9

5

12

4

13

6

11

3

14

7

10

2

15

Champions

Tie-break

total Points

Play-in - March 15-16

Name: _____

30 DAY *Fitness* CHALLENGE

Day 1 1 Burpie 5 Push-Ups 10 Squats 30 Sec Plank	Day 2 1 Burpie 5 Push-Ups 10 Squats 30 Sec Plank	Day 3 1 Burpie 5 Push-Ups 10 Squats 30 Sec Plank	Day 4 1 Burpie 5 Push-Ups 10 Squats 30 Sec Plank	Day 5 Rest
Day 6 3 Burpies 13 Push-Ups 13 Squats 30 Sec Plank	Day 7 3 Burpies 13 Push-Ups 13 Squats 30 Sec Plank	Day 8 3 Burpies 13 Push-Ups 13 Squats 30 Sec Plank	Day 9 3 Burpies 13 Push-Ups 13 Squats 30 Sec Plank	Day 10 Rest
Day 11 5 Burpies 15 Push-Ups 15 Squats 30 Sec Plank	Day 12 5 Burpies 15 Push-Ups 15 Squats 30 Sec Plank	Day 13 5 Burpies 15 Push-Ups 15 Squats 30 Sec Plank	Day 14 5 Burpies 15 Push-Ups 15 Squats 30 Sec Plank	Day 15 Rest
Day 16 7 Burpies 18 Push-Ups 18 Squats 30 Sec Plank	Day 17 7 Burpies 18 Push-Ups 18 Squats 30 Sec Plank	Day 18 7 Burpies 18 Push-Ups 18 Squats 30 Sec Plank	Day 19 7 Burpies 18 Push-Ups 18 Squats 30 Sec Plank	Day 20 Rest
Day 21 8 Burpies 19 Push-Ups 19 Squats 30 Sec Plank	Day 22 8 Burpies 19 Push-Ups 19 Squats 30 Sec Plank	Day 23 8 Burpies 19 Push-Ups 19 Squats 30 Sec Plank	Day 24 8 Burpies 19 Push-Ups 19 Squats 30 Sec Plank	Day 25 Rest
Day 26 9 Burpies 20 Push-Ups 20 Squats 30 Sec Plank	Day 27 9 Burpies 20 Push-Ups 20 Squats 30 Sec Plank	Day 28 10 Burpies 20 Push-Ups 20 Squats 30 Sec Plank	Day 29 11 Burpies 21 Push-Ups 21 Squats 30 Sec Plank	Day 30 12 Burpies 22 Push-Ups 22 Squats 30 Sec Plank

30 DAY *Mental Health* CHALLENGE

Day 1 Do a deep breathing exercise.	Day 2 Catch up with a friend.	Day 3 Schedule something fun.	Day 4 Donate something you never use.	Day 5 Do 30 minutes of yoga.
Day 6 Plan a healthy meal.	Day 7 Ask for help.	Day 8 Listen to your favorite music.	Day 9 Take 10 minutes to read.	Day 10 Go for a walk.
Day 11 Budget 20 minutes of at-home spa time.	Day 12 Practice a favorite hobby.	Day 13 Get distracted by a movie.	Day 14 Go to bed 30 minutes earlier.	Day 15 Drink just water today.
Day 16 Schedule a game night.	Day 17 Set a mini goal.	Day 18 Cross an item off your to-do list.	Day 19 Compliment someone.	Day 20 Plan a zoom catch-up with friends.
Day 21 Try a 5-minute meditation.	Day 22 FaceTime with family.	Day 23 Do something outside.	Day 24 Order in and watch a movie with your s/o.	Day 25 Unfollow negative social media accounts.
Day 26 Say no to something.	Day 27 Have a phone-free night.	Day 28 Watch a silly video.	Day 29 Write down something good that happened.	Day 30 Adopt a new habit.

30 DAY *Nutrition* CHALLENGE

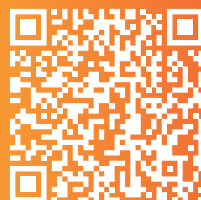
Day 1 Use a smaller plate.	Day 2 Load up on protein.	Day 3 Eat 5 servings of veggies.	Day 4 Eat 2 servings of fruit.	Day 5 Eat a time consuming snack.
Day 6 Eat a probiotic rich food.	Day 7 Wind down with tea.	Day 8 Reduce your salt intake.	Day 9 Avoid carbs today.	Day 10 Make a hard recipe.
Day 11 Try a new whole grain.	Day 12 Go sugar free.	Day 13 Go meatless for today.	Day 14 Get more Omega-3 fats.	Day 15 No eating after 7:30pm.
Day 16 Eat only one ingredient foods.	Day 17 Get creative with seasoning.	Day 18 Only eat at a table.	Day 19 Combine fiber & protein at every meal.	Day 20 Avoid any food that comes in a box.
Day 21 Bring your lunch to work today.	Day 22 Drink at least 64oz. of water.	Day 23 Limit to 1 processed "high carb".	Day 24 Have fruit for dessert.	Day 25 Measure portions.
Day 26 Put utensils down between bites.	Day 27 No phones, computers or TV while eating.	Day 28 Eat every 3-4 hours.	Day 29 Avoid caloric beverages.	Day 30 Journal your food.

Healthy Snacks FOR GAME DAY

TAKE A PHOTO OF THE QR CODE TO SEE THE FULL RECIPE!



VEGAN
JALAPEÑO
POPPERS



SPICY ORANGE
SRIRACHA
CAULIFLOWER "WINGS"



PIZZA
LOGS



BBQ
TURKEY
MEATBALLS

Healthy Snacks FOR GAME DAY



OVEN-BAKED
SWEET
POTATO
CHIPS



CREAMY
GREEK YOGURT
GUACAMOLE



Is it time to schedule your next appointment? Visit our website at pmsnm.org and use our appointment self-scheduling tool for medical appointments. You can also find information about your local health center and all the services that PMS provides in your community.



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