Wellness Wednesdays

March 16th: Colorectal Cancer Awareness Month

March is Colorectal Cancer Awareness Month and each year about 140,000 Americans are diagnosed with colorectal cancer. This disease can be highly preventable by talking to your health care provider and considering preventive screenings beginning at age 50. Here's what else you can do to help prevent colorectal cancer: be physically active, maintain a healthy weight, limit alcohol consumption, and be a non-tobacco user. For more information, click here.

March 9th: Savor the Flavor of Eating Right!

March is National Nutrition Month and this year's theme encourages us all to take time to enjoy food traditions and to appreciate the pleasures, great flavors, and social experiences food can add to our lives. Slow down, use all five senses, eat mindfully, enjoy traditions, and find delicious ways to prepare nutritious foods in order to "Savor the Flavor of Eating Right!" For more information, click here.

March 2nd: Wellness Benefit Deadline is 3/31

Don't forget! The deadline to submit any 2015 eligible expenses for the Wellness Benefit is March 31st (available to all employees on a Cigna Health Plan through the College). For more information, click here.

Discounted gym memberships are available at Alumni Gym, UVAC, and CCBA, and a waived sign up fee and free week trial are available at RVC. Learn more here.

February 24th: Get Active!

Physical activity is an important factor in the prevention of heart disease and stroke. The U.S. Physical Activity Guidelines for Americans recommend adults obtain 150 min/wk of moderate-intensity physical activity, 75 min/wk of vigorous-intensity physical activity, or a combination of the two. With warmer weather approaching, getting outside and walking can be a great way to be active! For more ideas to help you move and keep your heart healthy, visit the American Heart Association's Easy Tips to Get Active.

February 17th: Show Kindness!

Did you know kindness is good for your heart? This week is Random Acts of Kindness Week, so use these days to step up your acts of kindness and improve your health in the process. Here are 50 ideas to show kindness, and the positive side effects for your health.

February 10th: Eat Heart Healthy!

February is Heart Health Month and at the heart of good health is good nutrition. Making smart, healthy choices can help reduce your risk of heart disease and stroke. Learn more about the
American Heart Association's diet and lifestyle recommendations [here](#) and try this heart healthy [Vegetable Frittata recipe](#).

**February 3rd: Wear Red Day 2/5!**

Friday, February 5th is National Wear Red Day to raise awareness for the fight against heart disease and stroke in women. We encourage everyone to wear red, know your cardiovascular disease risk and learn more about steps you can take to prevent heart disease and stroke [here](#). Take a picture with your friends and colleagues that choose to wear red and send them to Wellness@dartmouth.edu so we can share on our website and Facebook.

**January 27: Stay Safe!**

Hitting the slopes? Don't forget your helmet! January is Winter Sports Traumatic Brain Injury Awareness Month so whether you lace up your skates for hockey or strap into your boots on the slopes, wearing a helmet should be a top priority. Click [here](#) to learn about concussions in the winter

**January 20th: Get Involved!**

Want to hear more from Wellness at Dartmouth? Sign up for our communication list to receive periodic updates on upcoming programs and events, healthy tips and more! [Dartgo.org/subscribe](Dartgo.org/subscribe) Consider becoming a Wellness Ambassador to be a key player in fostering a culture of health and wellness throughout the Dartmouth community. Learn more [here](#).

**January 13th: Set SMART Goals!**

Need help sticking to your New Year's Resolution? Be specific in your goals and make sure you start small. Don't overwhelm yourself with too much if you're trying to change habits. Try these [secrets](#) to make your resolutions stick and use our [SMART goal setting worksheet](#) to help get you started.

**January 6th: Gym Discounts**

Did you know as of January 1st, you can get discounted membership rates at UVAC, CCBA, and a waived sign-up fee at RVC? These are in addition to the discounts already available at Alumni Gym/Zimmerman Fitness Center and on FLIP classes. These discounts come at a perfect time to start the New Year in a healthy way. For more information, click [here](#).