



March 2026

BENEFIT U

Fuel Your Day

Sunday

1 CELEBRATE NUTRITION MONTH BY TAKING SMALL STEPS TOWARD BETTER NUTRITION AND EXPERIENCE HOW SUBTLE CHANGES TO YOUR EATING HABITS CAN LEAD TO A MORE ENERGIZED YOU!

Monday

2 STAY HYDRATED EARLY! DRINKING A GLASS OF WATER FIRST THING IN THE MORNING JUMPSTARTS METABOLISM, FLUSHES OUT TOXINS, AND BOOSTS FOCUS.

Tuesday

3 START YOUR DAY WITH PROTEIN. A HIGH-PROTEIN BREAKFAST (EGGS, GREEK YOGURT, OR NUTS) KEEPS YOU FULL LONGER AND STABILIZES BLOOD SUGAR. AIM FOR 20-30G OF PROTEIN IN THE MORNING! [LEARN MORE.](#)

Wednesday

[CHECK OUT OUR INCLUSIVITY CALENDAR!](#)

- MONTH-LONG OBSERVANCES:**
- **WOMEN'S HISTORY MONTH**
 - **COLON CANCER AWARENESS MONTH**
 - **GENDER EQUALITY MONTH**

Thursday

5 GO FOR COLOR! THE MORE COLORFUL YOUR PLATE, THE MORE VITAMINS AND ANTIOXIDANTS YOU ARE GETTING. AIM FOR REDS, ORANGES, GREENS, AND PURPLES AT EACH MEAL!

Friday

6 DRIVE THRU CHOICES ON BUSY DAYS, CHOOSE GRILLED OVER FRIED, ADD A SIDE SALAD INSTEAD OF FRIES, OR WATER OVER SODA TO BOOST NUTRIENTS WITHOUT SLOWING YOU DOWN.

Saturday

7 CELEBRATE INTERNATIONAL WOMEN'S DAY! HERE'S TO STRONG WOMEN: MAY WE KNOW THEM, MAY WE BE THEM, MAY WE RAISE THEM.



8 SPRING AHEAD: DON'T FORGET TO SET YOUR CLOCKS AHEAD TODAY. REMEMBER YOU WILL "LOSE" AN HOUR, SO MAKE SURE TO GET TO BED EARLIER TONIGHT.



9 [SAFE SPACE TRAINING:](#) THIS COURSE PREPARES EMPLOYEES TO CREATE RESPECTFUL, WELCOMING, AND SUPPORTIVE ENVIRONMENTS FOR THE LGBTQ+ COMMUNITY.

- [REGISTER ONLINE](#)
- 1:00 – 4:00 P.M.
- ROOM 104, ADAMS COMPLEX

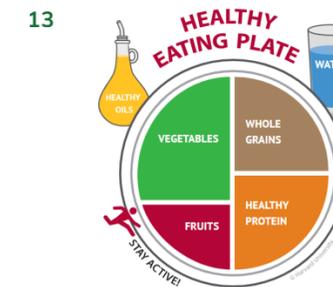
10 MOVE AFTER MEALS! A 10-MINUTE POST-MEAL WALK IMPROVES DIGESTION AND HELPS LOWER BLOOD SUGAR LEVELS. EVEN STANDING FOR A FEW MINUTES AFTER EATING IS BENEFICIAL! [HERE'S WHY!](#)

11 WHAT'S UP WEDNESDAY: [INTERVIEW WITH CONFIDENCE: BEST PRACTICES THAT WORK.](#) JOIN ANDREA ALLEN FOR AN INTERACTIVE SESSION ON HOW TO INTERVIEW WITH CONFIDENCE.

- 11 A.M. – 12 P.M.
- EARN 1 TRAINING HOUR!

12 FIBER IS KEY! HIGH-FIBER FOODS (LIKE OATS, LENTILS, AND BERRIES) AID DIGESTION AND HELP YOU FEEL FULL LONGER.

- **WOMEN SHOULD AIM FOR 25G DAILY; MEN NEED 38G.**



14 SEASONAL PRODUCE: SEASONAL FRUITS AND VEGGIES ARE CHEAPER AND FRESHER. VISIT LOCAL FARMERS' MARKETS FOR GOOD DEALS.

- [FORSYTH FARMERS MARKET](#)
- [ISLAND FARMERS MARKET](#)
- [RICHMOND HILL](#)

15 GROCERY SHOP SMART. STICK TO A LIST AND SHOP THE PERIMETER OF THE STORE WHERE FRESH PRODUCE, PROTEINS, AND DAIRY ARE FOUND. THE MIDDLE AISLES CONTAIN MORE PROCESSED FOODS.

16 MINDFUL MEALS: IF YOU'RE TOO BUSY FOR A FULL LUNCH, AIM FOR MINI BALANCED MEALS EVERY 3-4 HOURS: PROTEIN + PRODUCE + WHOLE GRAIN.

17 ENJOY 202ND ANNIVERSARY OF THE ST. PATRICK'S DAY PARADE IN SAVANNAH! [CLICK HERE FOR EVENT DETAILS AND PARADE INFORMATION.](#)



18 STAY ACTIVE. GET REIMBURSED! RECIEVE UP TO \$40 PER MONTH WHEN YOU ATTEND A GYM 8X A MONTH. [LEARN ABOUT REQUIREMENTS AND HOW TO RECIEVE YOUR QUARTERLY REIMBURSEMNT!](#)

- Q1 (JAN. 1 - MAR. 31) IS DUE BY APRIL 15, 2026



Thriving Thursday's

[SIMPLE NUTRITION FOR A HEALTHIER YOU!](#) LEARN PRACTICAL NUTRITION TIPS TO BOOST YOUR ENERGY. [REGISTER TO ATTEND](#)

- 2:30 – 3:00 P.M. | MEETING ROOM (OPERATIONS BLDG), ADAMS COMPLEX

20 RESTAURANT TIP: SHARE MEALS OR TAKE HALF HOME. RESTAURANT PORTIONS OFTEN PROVIDE ENOUGH SERVINGS FOR TWO OR MORE MEALS. CONSIDER SHARING A DISH OR BOXING UP HALF AT THE START TO ENJOY LATER.

21 [THE EXTRA MILE 5K:](#) ENJOY A FUN RUN CELEBRATING COMMUNITY, FITNESS, AND RESILIENCE WHILE HONORING INDIVIDUALS WITH DOWN SYNDROME.

- 8:00 AM @ 11 GATEWAY BLVD.
- [REGISTER HERE!](#)

22 A LITTLE PLANNING TODAY CAN POWER A WHOLE DAY OF BETTER CHOICES.

23 CONSIDER TRYING A MEATLESS MONDAY! TRY A PLANT-BASED MEAL THAT INCLUDES PROTEIN LIKE LENTILS, CHICKPEAS, OR TOFU. A DIET RICH IN PLANT FOODS SUPPORTS LONGEVITY AND GUT HEALTH.

24 THE [SAVANNAH STEPPERS](#) ARE BACK! A WALKING INITIATIVE LED BY CITY OF SAVANNAH EMPLOYEES TO PROMOTE MOVEMENT AND CONNECTION. COMPLETELY FREE! OPEN TO ALL EMPLOYEES.

- DAFFIN PARK 5:30 - 6:30 P.M.
- MEET AT FOUNTAIN

25 PAYING FOR CONVENIENCE: PRE-CUT AND PRE-COOKED FOODS ARE CONVENIENT BUT COST MORE. BUY WHOLE FOODS AND PREPARE THEM YOURSELF TO SAVE MONEY.



27 READ FOOD LABELS: MANY FOODS LABELED "HEALTHY" CONTAIN HIDDEN SUGARS. CHECK INGREDIENT LISTS FOR TERMS LIKE HIGH-FRUCTOSE CORN SYRUP, CANE SUGAR, OR DEXTROSE.



28 [EXPERIENCE A WORLD OF MUSIC IN ONE CITY!](#)

SAVANNAH MUSIC FESTIVAL

29 STEP IT UP: INCREASE YOUR STEPS THIS WEEK BY TAKING YOUR FAMILY TO THE PARK OR GOING FOR A WALK WITH YOUR DOG. THEY WILL APPRECIATE THE QUALITY TIME AS WELL!

30 CHECKING IN: YOU'VE MADE IT TO THE END OF MARCH! HOW ARE YOUR GOALS COMING ALONG? TAKE SOME TIME TO REFLECT AND SET NEW GOALS.



31 [EMPLOYEES ON THE MEDICAL PLAN:](#) COMPLETE YOUR BIOMETRIC SCREENING TODAY!

- [REGISTER ONLINE](#) OR CALL TO SCHEDULE 912-819- 8177
- 8:00 A.M. – 12:00 P.M.
- ROOM 104, ADAMS COMPLEX, 20 INTERCHANGE DRIVE.

March is National Nutrition Month, a reminder that how we fuel our bodies directly impacts our energy and vitality. This month, we're focusing on simple, sustainable choices that support energy, sharper focus, and stronger days!



SCAN ME!

Scan for the digital copy of the [BenefitU Interactive Calendar.](#) Enjoy daily tips to help practice activities that support your health & wellbeing.