

## MARCH CHANGE IN HABIT

- Choose at least ONE of the 4 actions below to complete during March.
- By April 1, report that you completed one of the actions for a chance in the monthly and end of series drawings.
- We encourage you to report your activities using the online form at [http://library.stillwater.org/simple\\_steps\\_to\\_better\\_health.php](http://library.stillwater.org/simple_steps_to_better_health.php).
- Or, you may report in person at the Help Desk, phoning 405-372-3633 x8106, or emailing [askalibrarian@stillwater.org](mailto:askalibrarian@stillwater.org).
- At the same time, you can report that you completed your self- evaluation health form.
- The self-evaluation is now also online on the same webpage. Or, you may also turn in a hardcopy to the Help Desk or email it to [askalibrarian@stillwater.org](mailto:askalibrarian@stillwater.org).

**NOTE:** This document with clickable links is also available online at [http://library.stillwater.org/simple\\_steps\\_to\\_better\\_health.php](http://library.stillwater.org/simple_steps_to_better_health.php)

### **CHOICE 1: SODIUM**

For 7 days straight, do not add any table salt to your food, either at the table or while you are cooking.

Substitute added salt with one of these spice alternatives:

<https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Use-Herbs-and-Spices-Instead-of-Salt.pdf>

See this great Mayo Clinic article to learn more about sodium intake.

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/sodium/art-20045479>

**CONTINUE TO OTHER SIDE**

### **CHOICE 2: SHOPPING TRICK**

Each time you do a grocery shopping trip during March, divide your grocery cart in two (Use your coat, purse, or shopping bag as a dividing line). Fill up the most visible side with only fresh or frozen fruits and vegetables.

A Cornell Univ. study showed that shoppers using this trick took 35% more fruits and vegetables than they otherwise would and fewer not-as-healthy foods.

### **CHOICE 3: FIBER**

For 7 days in a row, meet the recommended intake of fiber.

According to the Mayo Clinic, the daily recommended intake for adults 19-50 years old is 38 grams a day for men and 25 grams a day for women. For Ages 51 or older, it is 30 grams a day for men and 21 grams a day for women.

Visit <https://medlineplus.gov/dietaryfiber.html> for great resources on increasing your fiber.

### **CHOICE 4: SMOKING**

If you smoke, contact the Oklahoma Tobacco Helpline for advice on quitting, daily support, a quitting guide, a starter kit of smoking cessation items, and more.

<http://okhelpline.com/> or 1-800-784-8669

### **BONUS POINT**

Earn one bonus point by choosing a healthy change you completed from last month's list and repeating it. The Feb. habit change list is at

[http://library.stillwater.org/docs/feb\\_change\\_in\\_habit.pdf](http://library.stillwater.org/docs/feb_change_in_habit.pdf)