

# WELLNESS FOR LIFE

## MARCH 2026 BUSINESS BUZZ

### National Nutrition Month

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.

### Why & How to Eat More Fiber

Most adults don't get enough fiber, and that matters more than you might think. Fiber supports healthy digestion, helps prevent constipation, and feeds the beneficial bacteria in your gut that play a role in immunity and overall health. It also helps regulate blood sugar levels, keeping energy more stable throughout the day, and can lower cholesterol to support heart health.

High-fiber foods like fruits, vegetables, whole grains, beans, lentils, nuts, and seeds are naturally filling, which may help with weight management by keeping you satisfied longer. Aim for about 25–38 grams per day (depending on age and sex), and increase gradually while drinking plenty of water to avoid discomfort. Simple swaps like choosing whole-grain bread over white, adding berries to breakfast, or tossing beans into soups and salads can make a big difference over time.

### Spinach, Artichoke, & White Bean Dip

- 19 oz can white cannellini (white kidney) beans, drained and rinsed
- 2 tbsp 2% plain Greek yogurt
- 2 tbsp extra virgin olive oil
- 2 tbsp of milk
- 1 large clove of garlic
- ¾ tsp salt
- 1 tbsp lemon juice (approx ½ of a lemon)
- ½ cup white onion, finely diced
- ½ cup parmesan cheese, grated
- 1 x 14 oz jar artichoke hearts, roughly chopped
- 2 cups spinach, roughly chopped
- 1 cup marbled cheddar cheese, shredded

Preheat oven to 350F. In a food processor or high powered blender place the beans, yogurt, olive oil, milk, garlic, salt, lemon juice, onion, and parmesan cheese and blend until smooth. This may take a few minutes. Add the spinach and artichokes and fold them in using a spoon or small spatula. Scoop dip into an oven safe dish and sprinkle cheese on top. Bake 20–25 minutes and broil for 2–3 minutes so the cheese is golden brown on top. Serve with veggies, whole grain crackers, or tortilla chips and enjoy!

This “healthified” dip is not restrictive, but packs in extra protein and fiber to help you feel your best!

### UPCOMING EVENTS

#### Saturday March 7th

Boots on the Ground 7–9pm

#### Saturday March 14th

Second Saturday Movie Night 5:30pm

#### March 16h – March 20th

Spring Break – No Studio Y Classes

#### Tuesday March 17th

Footwork Pop Up Class 12–2pm

#### Friday March 20th

Improv & Creative Movement Pop Up Class 1–3pm

#### Saturday March 21st

Mother/Son NERF War 6–8pm

#### Friday March 27th

ARC Blood Drive 8am–2pm

