**March – Actionable Nutrition Tips and Colon Cancer Education**

**Subject: Boost Your Health with Nutrition and Preventive Screenings**

March is both National Nutrition Month and National Colorectal Cancer Awareness Month – two great reminders to focus on our health.

**Simple Nutrition Tips for Busy Days**

* **Prep Smart Snacks:** Keep fruits, veggies, or nuts on hand for quick, healthy options.
* **Pack Your Lunch:** Include lean proteins, whole grains, and veggies for a balanced meal.
* **Stay Hydrated:** Replace sugary drinks with water or herbal tea.

**Nutrition and Colon Cancer Prevention**

A healthy diet can help lower your risk of colorectal cancer. Focus on fiber-rich foods (fruits, veggies, whole grains) and limit processed meats and sugar to support your overall health.

**Get Screened**

If you're 45 or older, it’s important to schedule a colorectal cancer screening, ideally a colonoscopy. Colonoscopy can detect polyps (abnormal growths) before they turn into cancer. If you have a family history of colon cancer or other risk factors, you may need to start screening earlier—talk to your doctor to find out what’s right for you.

*Optional Incentive Text:*

As a thank you for taking care of your health, employees who complete preventive cancer screenings will be entered into a raffle for a [reward/gift card/prize]! *[Program Administrator to add instructions for how employees qualify for the reward].*

Early detection saves lives, and with a combination of healthy habits and regular screenings, you can lower your risk of colorectal cancer.