5 Easy Habits to Practice During the Month of March:

1. Make your bed every day.
2. Get outside for at least 10 minutes daily.
3. Drink 60oz of water per day.
4. Eat a fruit or vegetable at each meal.
5. Go to bed at a consistent time each night.

Grow Your Own Luck

Written by Eleni Kasianides, 2022-23 Teen Healthy Living Ambassador

March is often thought of as the month of luck, or of a new start. People like to think that if they have hope, things will change. It can be disappointing when these things do not happen. It can be tempting to just wish for things to change, but did you know little changes in your daily habits can put you on the path to success? You can create your own “luck.” By making your bed every morning you are more likely to be productive and 19% more likely to sleep better that evening! Changing the way we think about our surroundings and our habits gives us this organic “luck.” By setting yourself up for success, you can keep the feeling year-round!
St. Patrick’s Day Jokes

1. What genre of music do leprechauns like to listen to?
2. Why do you never want to iron a four-leaf-clover?
3. Why did the leprechaun get a job as a secretary?
4. What do you call a leprechaun who gets sent to jail?

Answer 1: shamrock ’n’ roll. 2: because you don’t want to press your luck. 3: because they were good at shorthand. 4: lepre-con.