

The Wellness Wheel

Fuel Your Best Self for National Nutrition Month

We're spinning the **Wellness Wheel** each month and March lands on one of the most essential pillars of wellbeing – **Nutrition**. What we eat shapes how we feel, think and thrive.

Make Informed Choices: It Starts at the Cart

Prioritize [nutrient-dense foods](#) over supplements. Learn ways to get [Good Nutrition on a Budget](#) (GuidanceResources.com, Taylor Login Username/Pass: LFGSupport / LFGSupport1).

Small Changes, Big Impact

Even small shifts in your eating and activity habits can lead to major long-term health improvements.

Learn more: [Build a Healthy Eating Routine](#)

Expert Guidance Matters

Only 1 in 10 people eat the recommended amount of fruits and vegetables. A registered dietician can help you personalize your nutrition plan, and visit your doctor if you notice changes affecting your eating habits.

- Personalized coaching and weight management for Taylor medical plan members. Learn more: [Vida](#)
- Health advice for all benefit-eligible employees. Learn more: [Lockton Nurse Advocate](#)

3 Simple Habits, 1 Healthier You

1. **Plan Your Meals:** Create a weekly plan to stay balanced.
2. **Hydrate:** Drink water throughout the day to support digestion, energy and mood.
3. **Get Active:** Add movement to each day to boost metabolism and overall wellbeing. Need energy? See [11 Foods to Eat to Beat Fatigue](#)

Healthy Deals Just For You

Taylor employees can save on **HelloFresh, Home Chef** and other nutrition-related offers at [PerksatWork.com](#) → Health. Register with your work email or Employee ID.



Stay Tuned, Stay Powered Up

Remember, your benefit program resources are available 24/7 on [Your Benefits Hub](#) at employees.taylor.com.

Next month...

We'll spin The Wheel to our next quarterly theme, Behavioral Health, and explore the importance of the mind/body connection.



Scan Here

Link to Your Benefits Hub for all your benefit plan details.