



Among the food controversies that surround us, the vast majority of health authorities and experts can agree on one thing – vegetables have a place in our diet. Because vegetables provide an array of nutrients that are hard to find in other food sources, their value to our health is unmatched. A high-vegetable diet reduces our risk for chronic diseases such as diabetes, osteoporosis, cancer and obesity, and gastrointestinal, cardiovascular, and autoimmune diseases.

**SO JUST HOW MANY SERVINGS OF VEGETABLES A DAY IS ENOUGH TO REAP THE BENEFITS?**

[CLICK HERE TO DISCOVER THE MAGIC NUMBER](#)

and ways to increase your vegetable intake today!



Start ramping up your veggie intake today and join us for the

**VEG OUT CHALLENGE  
APRIL 12-23  
ON WELLSTYLES**

to track your progress! Log each serving of vegetables you eat for 6 of the 12 days to earn an additional 200 points to your wellness program! Join the Veg Out Challenge on WellStyles TODAY by clicking on the social tab!

**ARE YOU SIGNED UP FOR WELLSTYLES?**



[SCAN OR CLICK TO REGISTER](#)

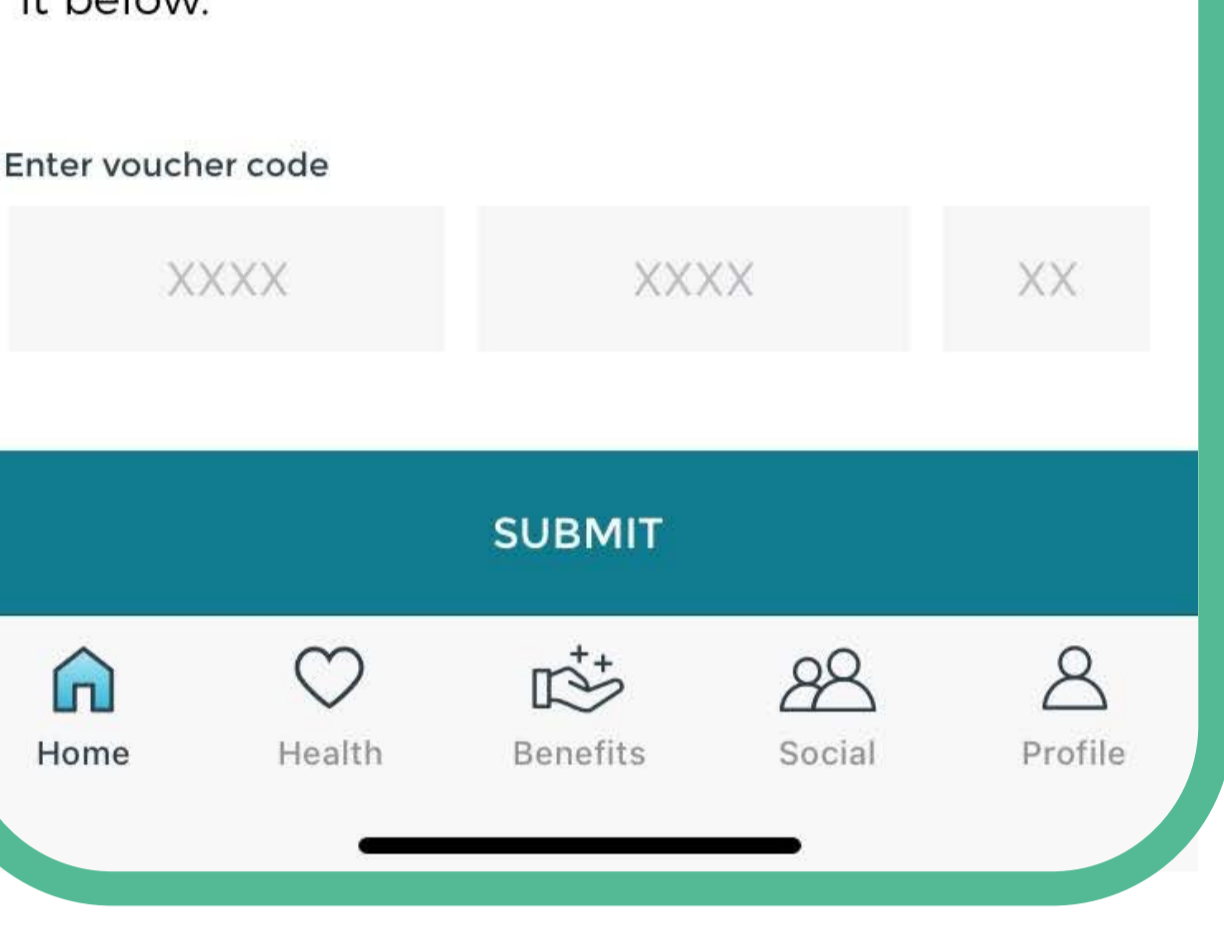
**TECH TIP**

Have you earned a WellStyles voucher lately? If so, they are super easy to redeem! Follow the steps below to upload WellStyles points from the voucher into your account!

**APP**

- 1 click on **Home** in the bottom left corner
- 2 click **Rewards**
- 3 click **Redeem a Voucher** at the bottom
- 4 type in **10 digit voucher code** in the space provided
- 5 click **Submit**

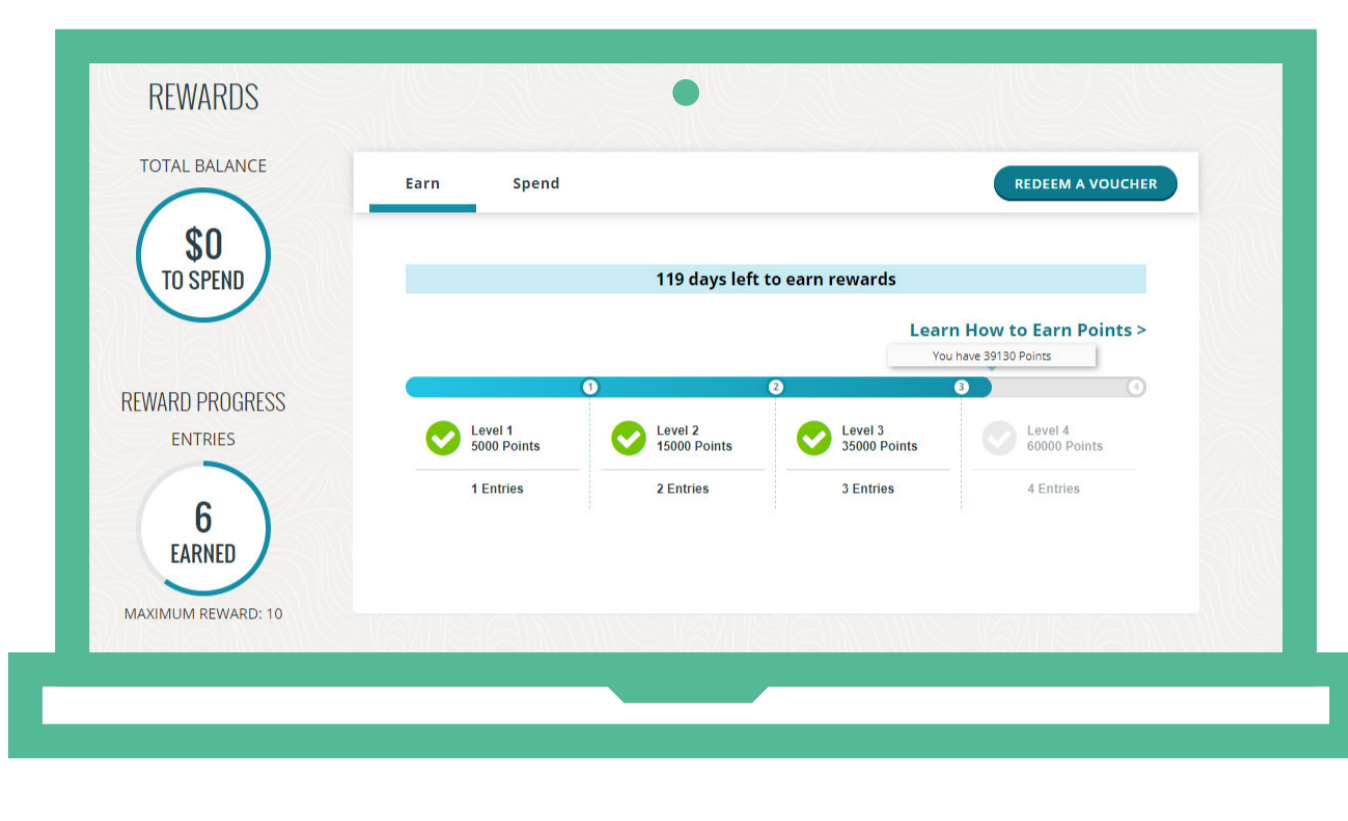
Have a Virgin Pulse voucher in hand? Find the 10-digit Voucher Code (see the red circle) and enter it below.



**WEBSITE**

- 1 click on **Home** at the top of your screen
- 2 in the drop-down box, click on **Rewards**
- 3 click **Redeem a Voucher** in the top right-hand side of your rewards scale
- 4 type in **10 digit voucher code** in the space provided
- 5 click **Submit**

**YOUR POINTS WILL BE DISPLAYED IN YOUR REWARDS STATEMENT.**



[MORE OF A VISUAL LEARNER? WATCH OUR HOW TO REDEEM A VOUCHER VIDEO.](#)

**DID YOU MISS LAST MONTH'S EPISODE OF**



**Better Bites of Food and Knowledge** is a themed monthly series equipped with practical nutrition education, a collection of hand-picked recipes, prep videos in the kitchen with Kristen, and downloadable PDF recipe cards ready to print or save. Stay current with Better Bites to start focusing on gaining knowledge and nutrients to optimize your health!

[SCAN HERE TO SUBSCRIBE TO BOTH THE BEET & BETTER BITES!](#)



**monthly**

**CONGRATULATIONS**

to all of the teams and individuals currently participating in the

**RELAX, RENEW, AND REFRESH SPRING STEP CHALLENGE!**



**KEEP STEPPING!**

**shoutout**

As a reminder, the Challenge ends on 4/19 and the last day to upload your steps is 4/22.

The first, second, and third-place individual AND team will earn the following point values in WellStyles.

1 <sup>ST</sup>	3,000 POINTS
2 <sup>ND</sup>	2,000 POINTS
3 <sup>RD</sup>	1,000 POINTS

[ARE YOU INTERESTED IN PARTICIPATING IN A FUN RUN/WALK? CLICK HERE TO FIND ONE IN YOUR AREA](#)

**work it**

Complete each exercise for 30 seconds. Rest for 10 seconds between each exercise.

- 1 truck jumps
- 2 walking lunges
- 3 single leg deadlift
- 4 plank with lateral arm raise
- 5 explosive push-up
- 6 side plank with arm rotation

4 rounds total. Rest for 1 minute between each round!



[WATCH NOW](#)

**out**

**GREEN TIP of the MONTH**



**EAT LOCAL!**

When we choose to source our food from local farms, we are choosing to positively impact our health, our community and our environment. Local produce is grown in a seasonal pattern, uses fewer harmful chemicals, and is picked at peak freshness, making it more nutrient-dense than its industrial counterparts. Additionally, since processing, packaging and cross-country shipment are eliminated, eating local reduces plastic waste lessening the carbon impact on the environment. And finally, the money you spend on local food goes directly back into your community.

[FIND A FARMERS MARKET NEAR YOU AND START EATING LOCAL TODAY!](#)



**THE WORDS YOU SAY TO YOURSELF TODAY ARE THE MOST IMPORTANT WORDS YOU WILL HEAR.**

