

Helping you

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March Spotlight: Exercise & Fitness

This month, we're highlighting information about exercise and fitness. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about working out from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the **ES** icon in the top right corner.

- [Physical activity](#)
- [Actividad física](#)
- [Exercise clothing and shoes](#)
- [Ropa y calzado para hacer ejercicio](#)

These additional links from other health organizations offer more information about exercise and fitness:

- [Trends shaping 2026.pdf](#)
- [Exercising with chronic conditions](#)
- [Infographic: Three types of exercise and physical activity](#)
- [Health risks of an inactive lifestyle](#)
- [Exercising on a budget](#)

Healthy recipes

- [Green pineapple power smoothie](#)
- [Roasted beef tenderloin with horseradish seasoning rub](#)
- [Banana millet breakfast porridge](#)
- [Teff and cocoa energy bites](#)



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Group project](#)

Find out how you might get a boost from the social power of working out with others.

[Striking oil](#)

Get the scoop on which cooking oils you should use when — and which ones are better for you.

[Sleeping apart — together](#)

If your partner is interrupting your sleep, you may want to consider a sleep divorce.

Find the entire [Winter](#) issue [here!](#)

Mental health awareness

World Bipolar Day is celebrated every year on March 30. Bipolar disorder is often misunderstood, and a common myth is that the diagnosis just involves “mood swings.” It's actually a mental illness that causes dramatic shifts in a person's mood, energy and ability to think clearly. With a good treatment plan, many people live well with the condition. [Learn more about the symptoms, diagnosis, types and treatment of bipolar disorder.](#)