

## MARCH IS NATIONAL NUTRITION MONTH

The National Nutrition Month® (NNM) is a nutrition education campaign sponsored annually by the American Dietetic Association (ADA) and its Foundation.

It is appropriate and fitting that March is National Nutrition Month, since it is in between winter and spring. Winter holiday gatherings have past and have left many of us with cherished memories and frequently unwanted weight gain!

Healthy eating and routine exercise are needed all year round; but many of us need a friendly reminder to get ourselves back on track. Be kind to your body and reacquaint yourself with healthy eating habits and fitness. Replace your unhealthy habits with smart health choices for a healthier body.

### **Healthful eating fuels physical activities at every stage of life.**

Well-nourished and active children and teens grow, develop, and learn better. Good nutrition also helps ensure a healthy pregnancy and successful breast-feeding. And, healthful eating and active living help adults and seniors feel their best, work productively, and lower their risk for a variety of conditions.

Fitness at every age comes from a lifestyle that includes good nutrition and regular physical activity. The sooner you start the better your health.

### **Food and physical activity choices are personal.**

Foods nourish your body. Being well-nourished means you get enough of the nutrients your body needs. Part of being well nourished also means eating portions of foods just right for you. The true definition of fitness refers to your own optimal health and overall well-being. Fitness is your good health - at its very best.

### **Food is a source of pleasure and good taste.**

The taste of foods adds pleasure to eating - especially if you eat a greater variety of foods and learn how to include your favorites in an overall healthful eating style.

### **Staying fit means you have a better chance for a higher quality of life, and perhaps a longer one, too.**

#### **When you are fit, you:**

- improve your mood, reduce your stress, and increase your energy.
- reduce your risk for heart disease, cancer, and diabetes.
- can look and feel your best.
- have the physical strength and endurance to do the things you want to do.

