

## **DID YOU KNOW THAT MARCH IS NATIONAL NUTRITION MONTH?**

National Nutrition Month® is a nutrition education and information campaign created by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month also promotes American Dietetic Association and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

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.