

Safety Tip of the Week National Nutrition Month

AFRH

Safety Office reminds you that taking care of your health contributes to your overall well-being. Focusing on your physical fitness and as well as eating nourishing meals are significant factors.

Our overall health is a balance of diet, exercise, rest, and hereditary traits. While we do not have control over heredity, we do control the other three. Nutrition is one of the biggest factors in our health. What we eat can significantly increase or decrease our risk factors for disease and injury.



6 Simple Steps to Better Nutrition

March is National Nutrition Month and it's an opportunity to refocus [our New Year resolutions of healthy eating] and grab that healthy lifestyle. Some simple ways of redesigning a diet include:

1. Reducing or eliminating sugary drinks and sodas. They add unnecessary calories...
2. Pile on the vegetables. Vegetables are low in calories and high in nutrients. They help to fill us.
3. Serve smaller portion sizes. Use a salad plate instead of a dinner plate when serving your meal.
4. Eat smarter snacks. That doughnut looks so good, but are filled with empty calories.
5. Try a meal kit program. Many of these programs offer light meals.
6. When dining out, choose from the lighter side of the menu and only eat half of the dish. Take the rest home for another meal later.

Combined with exercise, healthy eating makes our bodies stronger and improves our immune system. Together they also reduce our risk for chronic illnesses like diabetes and heart disease.

HOW TO OBSERVE #NationalNutritionMonth

Take your first or millionth step toward a healthier you during National Nutrition Month.

1. Set a nutrition and exercise goal.
2. Try healthier versions of your favorite dishes.
3. Add a new exercise routine to spice up your workouts.
4. Invite a friend to join you on the journey.
5. Speak with your physician to help you make smart changes.
6. Join a support group that will help you maintain your determination and reach your goals.

Click here for additional info:

<https://nationaldaycalendar.com/national-nutrition-month-march/>

Monday, February 28, 2022