

NUTRITION News

March 2015

Bite Into a Healthy Lifestyle

March is the perfect time for National Nutrition Month! It has been 2 months since we rang in the New Year, and for many of us that means our resolutions have lost their novelty or have gone by the wayside. This March the Academy of Nutrition and Dietetics encourages us to get back on track by adopting a healthier lifestyle.

This year's theme, "Bite Into a Healthy Lifestyle," encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise. A healthier lifestyle can help you achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

The best way to do this is to balance your food and beverage selections with your energy needs, rather than focusing on any one specific food or meal. Meeting with a registered dietitian nutritionist (RDN) can help you find balance and create sustainable eating and physical activity plans that fit into your schedule.

If you are interested in learning how to adopt a healthier lifestyle, schedule an appointment with our registered dietitian nutritionist, Jennifer Hobbs. Call the Student Health Center to make an appointment.

Want to become more physically active? See below for tips on staying fit on campus!

H.E.R.O.E.S. Corner



The H.E.R.O.E.S. bring you their nutritional cooking videos!

<https://www.youtube.com/channel/UCwd51XDM6wwhsEY77RGz2Xw>

Don't forget to Like us on Facebook!

[Facebook.com/UCMHeroes](https://www.facebook.com/UCMHeroes)

MORE FROM THE HEROES:

- Make your plate tabling will be on Mondays and Thursdays from 11:30-1pm in the DC.
- "Munchies" Program will be on March 16th from 5-6:30pm in the Crescent Arch room.

STUDENT
health101

