

SUNDAY MORNING HEALTH CORNER

March is National Nutrition Month

Celebrated annually each March, National Nutrition Month highlights the importance of healthy eating habits and nutrition education, and celebrates those who promote a healthy lifestyle.

Making lifestyle changes can be challenging but rewarding. Here are a few tips you can follow to transition into a healthier lifestyle:

Educate yourself. There is an abundance of information online on healthy eating. Take time to research healthy recipes and other helpful information.

Schedule time for exercise. Make physical activity a priority by finding something you enjoy and fitting it into your schedule.

Meal Prep. Preparing your meals for the week is a great way to save time and money.

Don't fear your cravings. Cravings are real feelings and will arise from time to time. Instead of giving in, compromise. Practice moderation. Seek healthier versions of your favorite foods.

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