March

Fitness Matters
Health Promotion for Faculty and Staff
530 Rivers Street, 12 Varsity Gym
(828)-262-6314
healthpromotion.appstate.edu

National Nutrition Month

"EAT RIGHT - BITE BY BITE"

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, we encourage everyone to focus on the importance of making informed food choices, developing sound eating and physical activity habits.

Good nutrition doesn't have to be restrictive or overwhelming. Every little bit (or bite!) of nutrition is a step in the right direction.

Some small goals and changes that we will be focusing on each week that can have a cumulative healthful effect:

- **Week 1 - Vary your Diet:**
  - Eat a variety of nutritious foods every day
- **Week 2 - Meal Planning:**
  - Enjoy healthful eating at school, work & home!
- **Week 3 - Cook & Prep:**
  - Learn skills to create tasty meals to share and enjoy.
- **Week 4 - Visit an RDN, combine exercise in your daily goals!**

See a registered dietitian nutritionist, go for a walk, run, swim, ride!

Information Credited to:
https://www.eatright.org/food/resources/national-nutrition-month

Want to share your healthy meal ideas with Health Promotion?
Post a photo of your healthy plate to our Facebook page!
facebook.com/AppStateHealthPromotionforFacultyandStaff

Important Dates

**Spring Break Hours: Both Locations**
**No Exercise Classes/ Personal Training**
- March 9th - 13th
  - Mon-Thurs 8:00AM - 5:00PM
  - Friday: 8:00AM - 3:00PM

**Blood Screenings**
- **Tuesday, March 3**
  - 7:15 AM - 8:15 AM

**Mobile Mammograms**
- **Monday, April 6**
  - 10:00AM - 4:00PM
- **Tuesday April 7**
  - 8:30AM - 4:00PM

**Blood Drive**
- **Friday, April 24**
  - 10:00 AM - 2:30 PM

STAY CONNECTED THROUGH:

[google group & facebook]