National Nutrition Month®

The National Nutritional Month® is a nutrition education campaign created annually in March by the Academy of American Nutrition and Dietetics.

- Healthy eating and routine exercise are essential all year round, but many of us need a friendly reminder to get back on track, especially after the holiday gatherings!
- Foods nourish your body. Being well-nourished means getting adequate nutritional needs, which in some instances, means eating the right portion of food for your body.
- Staying fit increases your quality of life. When you are fit, you improve your mood, reduce stress, and increase energy level.
- Are you Ready to make changes in your lifestyle and move toward a healthier body? Here are some tips:
  1. **Eat Breakfast** - Starting your day off with a healthy breakfast is essential. Include lean protein, whole grains, fruits, and vegetables.
  2. **Make Half Your Plate Fruits and Vegetables** - Fruits and veggies are great sources of vitamins, minerals, and fiber.
  3. **Watch Portion Sizes** - Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for the recommended serving size.
  4. **Be Active** - Exercise lowers blood pressure and helps your body control stress and weight. Adults should get 2 and ½ hours per week.
  5. **Get Cooking** - Cooking at home is healthy, rewarding and cost-effective.
  6. **Drink More Water** - Drinking water can help maintain the balance of body fluids and control calorie by substituting it for sugary drinks.

Sleep Awareness Week™ (March 2-8)

- In order to survive, humans need the basic elements of food, water, oxygen, and sleep.
- We spend up to one third of our live asleep. Sleep is a key indicator of one’s overall health and well-being.
- Most of us are aware that getting a good night’s sleep is important, but too few of us actually make sleep a priority.
- Stimulants like coffee and energy drinks, alarm clocks, and external lights such as those from electronic devices, interferes with our “circadian rhythm” or natural sleep/wake cycle.

How much sleep do we really need?

An expert panel of leading scientists and researchers came together to form the [National Sleep Foundation](http://sleepfoundation.org), and recommended a chart that features minimum and maximum ranges for health. [Click here for recommended sleep times chart](http://sleepfoundation.org/)

Assess how you feel on different amounts of sleep:

- Are you productive and happy on seven hours of sleep?
- Do you depend on caffeine to get you through the day?
- Do you feel sleepy when driving?

[Test your sleep I.Q. by taking this simple quiz here](http://sleepfoundation.org/)