

## MARCH IS NATIONAL NUTRITION MONTH

### JOIN OUR HEALTHY HABITS CHALLENGE

Anticipating Spring, March is a great time to focus on healthy habits not a “diet” that is restrictive. Focusing solely on weight is not the only indicator of a healthy body. To make a lifestyle change, small steps can lead to big changes. Get started to create healthy habits and build on them to achieve a healthy body.

As a participant of this challenge, you will have access to:

- FREE weekly virtual support group meetings via zoom (10-15 minutes long)
- FREE questionnaire to encourage healthy habits and keep you on track\*\* daily
- FREE tips, ideas, and recipes to be emailed to you weekly.
- FREE answers to your questions by a Registered Dietitian
- Opportunity to schedule an appointment with a Registered Dietitian – fee based or bill your insurance as applicable

**“DON'T WAIT UNTIL  
YOU'VE REACHED YOUR  
GOAL TO BE PROUD OF  
YOURSELF. BE PROUD  
OF EVERY STEP YOU  
TAKE TOWARDS  
REACHING THAT GOAL”**

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Examples of small changes:

- Eat 1 fruit a day
- Eat 1 vegetable a day (excluding potatoes)
- Eat a meatless meal
- Drink a minimum of 24 ounces of water daily
- Exercise for 5 minutes daily

\*\* Rewards and prizes for winners at the end of the challenge. However, your focus on creating healthy habits and **CONTINUING** them after the challenge ends is your **TRUE REWARD**.

To sign up email Danielle Townsend, RD

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