



## Celebrate National Nutrition Month® with Healthy Food Choices

We get nutrients from the food we eat. But not all food is good for us. Sometimes it doesn't provide what we need to keep us healthy (Grandma's cookies, anyone?). According to the Centers for Disease Control and Prevention (CDC) poor nutrition contributes to many costly diseases, including obesity, heart disease and some cancers<sup>1</sup>.

Sometimes it seems hard to eat healthy. In fact, fewer than 1 in 10 Americans eat the recommended daily amount of vegetables. Fewer than 1 in 7 adults eat enough fruit<sup>1</sup>. But eating healthy isn't as tough as we think.

### **March is National Nutrition Month®**

The Academy of Nutrition and Dietetics uses March to focus on the importance of making informed food choices and developing good eating and physical activity habits<sup>3</sup>. Nutrition gives our body the energy we need, but exercise keeps us moving as we age. It is essential for healthy aging, and it's never too late to start.

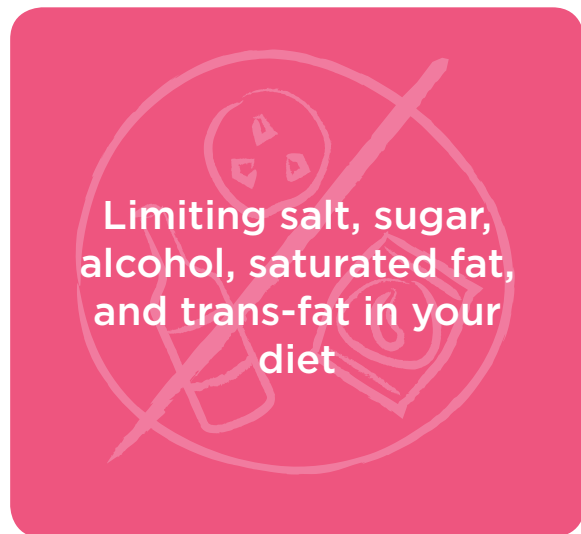
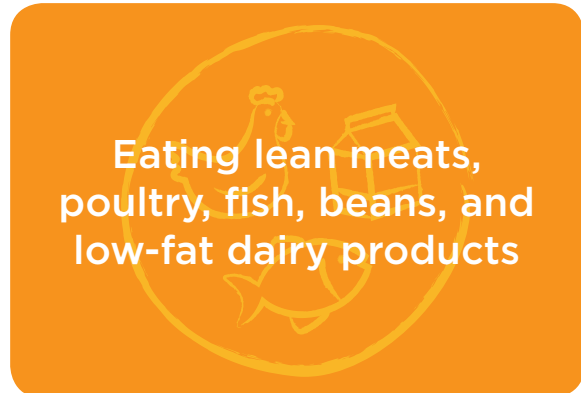
The CDC recommends adults get 150 minutes of moderate-intensity exercise each week. When that is not possible, seniors should be as physically active as their abilities and conditions allow<sup>4</sup>. Even small amounts of exercise can make a difference.

Being physically active helps us perform activities of daily living (ADL), like driving, putting groceries away, playing with grandkids and so much more. Exercise can also help prevent or manage some chronic diseases<sup>4</sup>.

### **SilverSneakers®, provided by Care N' Care, may help you get and stay active.**

Go to [SilverSneakers.com](https://www.silversneakers.com) to check your eligibility, get your ID number or find convenient participating locations. Download the *SilverSneakers GO™* app for adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, find convenient participating locations and more. Always talk with your doctor before starting an exercise program.

# Some Keys to Eating Healthy Include<sup>2</sup>:



## Sources:

1. <https://www.cdc.gov/nutrition/about-nutrition/why-it-matters.html>
2. <https://medlineplus.gov/nutrition.html>
3. <https://www.eatright.org/food/resources/national-nutrition-month/national-nutrition-month>
4. [https://health.gov/paguidelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf#page=66](https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf#page=66)

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