

DEPARTMENT OF PUBLIC HEALTH AND ENVIRONMENT



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FOR IMMEDIATE RELEASE

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March is National Nutrition Month

WELD COUNTY, CO —The key to achieving optimal health cannot be found in any one food, drink, pill or machine. Optimal health takes a commitment to a variety of healthy lifestyle behaviors, such as enjoyable eating practices and daily physical activity. As part of National Nutrition Month 2018, the Weld County Department of Public Health (WCDPE) encourages everyone to return to the basics of healthful eating and active living. This year's theme encourages people to adopt a healthy lifestyle focused on making informed food choices, consuming fewer calories, and getting daily physical activity.

Tips for a healthy lifestyle:

Learn your needs. Age, gender, body type, family history, existing health conditions and daily routines all play a factor in determining which foods to eat more of and which ones to avoid. Knowing which foods contain the nutrients you need is the next step in maintaining a healthy lifestyle.

Know the facts. When food selections go beyond whole foods and into packaged foods, the ingredient list and Nutrition Facts Panel can be a useful tool. The higher an ingredient is on the list, the more of that ingredient is included in the food. This is a good way to determine if a product is made with whole grains, or has a lot of added sugars. Regardless of nutrition claims on the front of the package, it's important to read the Nutrition Facts Panel to determine how many calories and how much fat, sugar and salt are in the food.

Plan your snacks. Keep a variety of tasty, nutritious, ready-to-eat foods nearby. This will help reduce the temptation to eat less healthy options from vending machines, convenience stores, or the break room. Healthy snack ideas include fresh fruit, air-popped popcorn, whole-wheat crackers, dried fruit and mixed nuts or low-fat yogurt. Remember to snack only when hungry, not out of boredom, stress or frustration.

Regular physical activity is a must. Daily physical activity is an important part of a healthy lifestyle. Regular physical activity strengthens bones and muscles, reduces the risk of chronic illness, and fosters overall well-being, including stress relief, higher quality sleep and a more positive mental outlook.

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Everyday ways to get moving. Physical activity is important for everyone at every age. The key is to find activities that are enjoyable and can easily be maintained. Here are some tips for everyday ways to get moving. Try using the buddy system, joining a walking group or attending fitness classes. Sign up for a 5K run/walk with friends or family. Sneak in exercise at your desk or buy a desk that allows you to stand while working. Take a short walk on your lunch break. Walk up and down the stairs when the weather is bad. Finally, find a way to keep track of daily movement, such as keeping a journal, using a website, or try an activity tracking device.

For more information and resources on National Nutrition Month check out:

<http://www.nationalnutritionmonth.org>.

For more information on nutrition related community resources visit: www.weldhealth.org.

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