

SB WELLNESS GROUP

Monthly Newsletter | March 2024

SBwellness



MONTHLY
MOTIVATION TO A
HEALTHY LIFESTYLE



A Focus on Nutrition
Journal Prompts for the Healthy Eater
'I Am a Healthy Eater' Attitude
Nutrition Month Resources and Tips

NATIONAL NUTRITION MONTH [®]

BEYOND THE TABLE

Good nutrition goes beyond eating at home. It's important to keep a focus on all aspects of eating: food production and distribution, grocery shopping, food safety, and eating on the go. Strive to better navigate healthy eating, sustainability and reduced food waste at home, work, school, and in restaurants.



Journal Exercise

Healthy Eater Mindset

A little time spent reflecting on these questions can inspire healthy change.

- What was your relationship with food like growing up?
- What would you like your relationship with food and eating to be like?
- Do you often use food and / or drinking to deal with stressful situations? Why or why not?
- What are the top three barriers that are holding you back from being the healthy eater you would like to be?
- What is one small step you can take to overcome each of these?

Your eating habits are often tied to your emotions and past experiences. Exploring this can lead to positive and lasting changes.



ADOPT A HEALTHY EATER ATTITUDE

Let go of the diet trap for good and adopt an 'I am a healthy eater' attitude.

Eating healthy should not feel like a chore or a punishment. Change is hard, but the first step is to accept that it should be more of a mindset and less about sticking to an exact diet. So often healthy eating makes most think about all the foods and drinks they

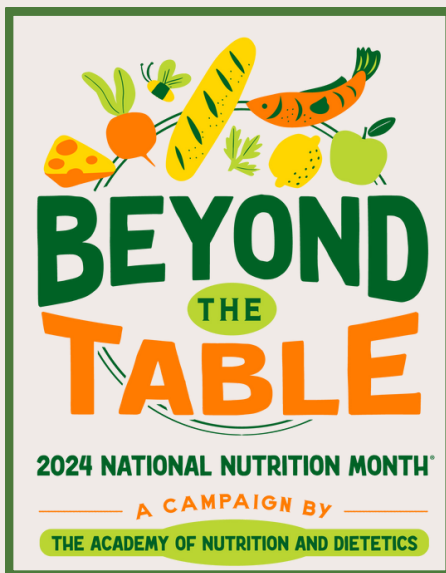
should be restricting rather than a forward focus which aligns with your ideals and goals. In a world full of tempting choices and quick fixes it is far too easy to get distracted from what a nutritious diet should be. You must adopt a positive healthy eating outlook, focusing on all the wonderful benefits good nutrition can offer to you. Get the [**FULL ARTICLE.**](#)



NUTRITION RESOURCES



"The first wealth is health." -Ralph Waldo Emerson
Knowledge is power. Begin your journey with
reliable education rather than fad diets and trends.



National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. Get plenty of [resources](#): education, inspiration, recipes, tips, and activities for all ages.

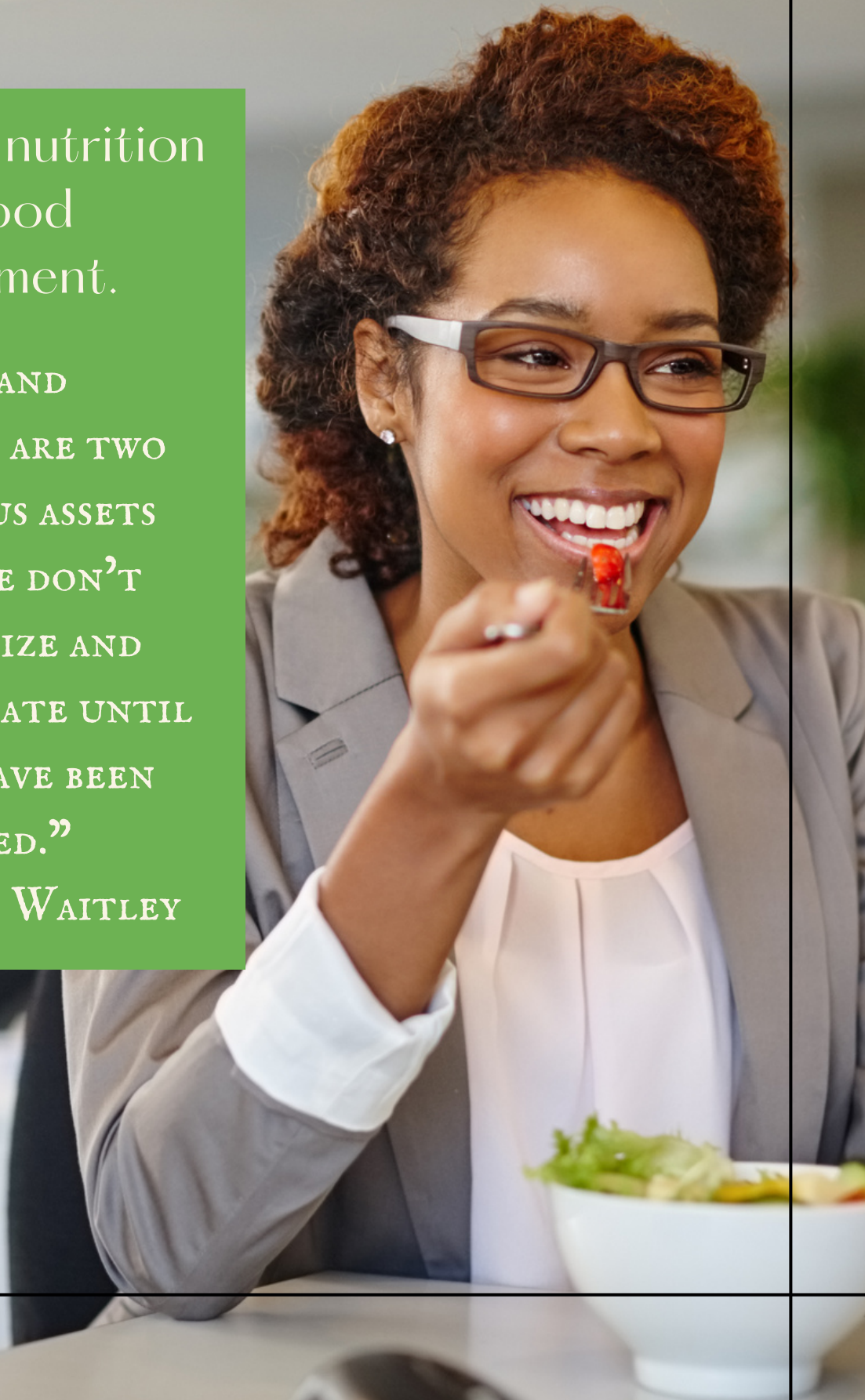
Did you know almost half of American adults have high blood pressure? In 2021, hypertension was the cause of nearly 700,000 deaths in the U.S. ([CDC.gov](https://www.cdc.gov)) Taking information and tips from the [DASH Diet](#) can benefit every member of your family. The diet is highly recommended for those diagnosed with hypertension, those with uncontrolled high blood pressure and those with a family history of hypertension.

Food journaling and tracking can be transformative. Use paper and pen or start simple with a free APP like [MyPlate](#). Take it to the next level with [MyFitnessPal](#) which allows more detailed nutrition tracking. These tools can lead to better control over your diet and can be extremely educational on their own. Tracking can help you identify eating patterns and successfully work towards gradual change.

Good nutrition
is a good
investment.

“TIME AND
HEALTH ARE TWO
PRECIOUS ASSETS
THAT WE DON'T
RECOGNIZE AND
APPRECIATE UNTIL
THEY HAVE BEEN
DEPLETED.”

- DENIS WAITLEY



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nourish body, mind & soul

