



Nutrition Month Weekly Tips

Week 4: "Bite Into a Healthy Lifestyle" during National Nutrition Month by including Physical Activity in Your Daily Routine, says Academy of Nutrition and Dietetics

Each March and throughout the year, Academy of Nutrition and Dietetics encourages everyone to return to the basics of healthy eating by adopting a healthy lifestyle focused on consuming fewer calories, making informed food choices and getting daily exercise. The goal is to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

Most health benefits come from at least 150 minutes a week of moderately intense physical activity, with added advantages from increased exercise and intensity. Endurance and muscle-strengthening activities like lifting weights, working with a resistance band or doing pushups are also beneficial. Physical activity is important for everyone at every age. "The key is to find activities that are both sustainable and enjoyable" says the Academy spokesperson Jennifer McDaniel. Drinking water before, during, and after physical activity to prevent dehydration and fatigue is key. To maintain a physically active and healthy lifestyle, stay nourished before, during and after exercise.

Our Digestive Care, Dietitian Holly Band RD, LD/N can help you learn how to incorporate healthy eating, into you busy and active lifestyle. Speak to your physician to see how you may make a nutrition consultation appointment. If you would like more information on Nutrition Month, please check out www.nationalnutritionmonth.org.

**For more information or to schedule an appointment,
Please call (954) 344-2522 or Toll Free (877) FL GI DOC
www.digestivecareonline.com**

