



National Nutrition Month

National Nutrition Month is an annual campaign created by the [Academy of Nutrition and Dietetics](#). During the month of March, you're invited to learn about making informed food choices and developing healthful eating and physical activity habits.

As *Healthy Eating* is one of [Level Up's](#) five dimensions, we want to inspire you to adopt healthy habits for eating well. A healthy diet is essential for good health and nutrition. But the benefits of good nutrition go beyond weight. Good nutrition can help:

- Reduce the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis
- Reduce high blood pressure
- Lower high cholesterol
- Improve your well-being
- Improve your ability to fight off illness
- Improve your ability to recover from illness or injury

Wellness Wednesdays in March | Focus on Nutrition

We want you to continue to live healthier, happier, and more fulfilling lives—both at work and at home. That's why, we are designating Wednesdays to create awareness for National Nutrition Month, beginning on **March 10**.

Whether you need to make the switch to a healthier diet or are looking for more tips to help you maintain healthy choices, register for these upcoming seminars below. Each webinar is geared to help lead you in the right direction to a healthy diet and lifestyle.

After registering for a webinar, remember to add it to your calendar. And, in order to help you eat well and be well all month long, we will randomly give away \$25 Panera Bread gift cards weekly to those who send [Level Up](#) pictures of how they are honoring or celebrating National Nutrition Month!

The Powers of Produce | Wednesday, March 10 at Noon | [Register Now!](#)

Learn why mom was right about the amazing properties in eating your fruits and veggies. This webinar will discuss antioxidants, phytochemicals, and how to make sure you're getting enough of the good stuff in your diet!

Portion Distortion | Wednesday, March 17 at 11 a.m. | [Register Now!](#)

Do you know how today's portions compare to portions available 20 years ago? Learn what true portion sizes really are, and the amount of physical activity required to burn off the extra calories provided by today's portions.

Jumpstart Your Metabolism | Wednesday, March 24 at Noon | [Register Now!](#)

How does metabolism work? What can you do to boost it to higher levels and lose weight? Learn tips to increase your metabolism naturally and without the use of supplements.

Supermarket Savvy | Wed., March 31 at Noon | [Register Now!](#)

What goes in your cart goes in your body! What is the relationship of food, diet & health? Learn how to shop smart by reading food labels for healthy food choices & making easy shopping substitutions.

Additional Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [The Centers for Disease Control and Prevention](#)
- [Academy of Nutrition and Dietetics](#)
- [U.S. Department of Agriculture](#)

We must continue to nurture ourselves with healthy foods and ensure our bodies are cared for—that's staying healthy and elevating our total well-being!

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