

FIT
SPOKANE

MARCH NEWSLETTER

March Challenge

Using a pedometer, fitbit, or one of many cellphone apps record how many steps you take each day. The individual with the MOST steps for the month of March wins a free training session. This means you will need to record your steps daily and email or text me your total steps for the month. Competition runs Monday March 2nd- Sunday March 29th. Be sure to submit your steps by noon on March 30th

Fruits and Veggies are bad for you. Said no one... ever

The 2015 dietary guideline scientific report has been published last month. From this report our nation's recommended nutritional guidelines are formed. Half of our nation is struggling with PREVENTABLE, chronic disease. Two-thirds of our nation is overweight or obese. We need to change our diets.



We struggle with vitamin A, vitamin D, vitamin E, vitamin C, folate, calcium, magnesium, fiber, and potassium. Iron is also a struggle for adolescent and premenopausal females.

So how do we increase these nutrients in our diets??? You guessed it: FRUITS AND VEGGIES! Also dairy and WHOLE grains. Fad diets come along and we quit eating carbs or fat or protein. If we put the same effort into eating our fruits and vegetables, we would be a much healthier country.

Now I'm not saying you need to be vegan, you just need to eat more produce. Sneak some leafy greens into a smoothie, add vegetables to your scrambled eggs. Snack on cucumbers, bell peppers, carrots and a piece of fruit. Mix chopped veggies with a whole grain, like quinoa, to make a salad. Make roasted vegetables the main course of your dinner. Your produce can be frozen, fresh, canned, steamed, boiled, roasted, etc. Don't worry if your veggie is "starchy" like potatoes or corn (as long as they're not fried....ahem french fries) Don't worry if your fruit is higher in calories like mangos and bananas. Get rid of your refined grains and added sugars, don't get rid of your produce

There is a lot of nutrition information out there, and a lot that is constantly changing, but one thing stays the same and that is: eat your fruits and veggies!

