

April 2024

Self-Care | Made Simple – Eat Well

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips - easy, actionable steps you can take to enhance your well-being that follow three key pillars: Eat Well. Stress Less. Move More.

This month’s focus is to “**Eat Well**” with this tip: **Food as fuel, the new medicine.**

As a kid, you heard this so many times: “An apple a day keeps the doctor away.” Well, it turns out it is true. Food should not only be something you consume because it tastes good, or you are hungry. It is a crucial element to keep you and your family happy and healthy. Eating healthy has so many benefits including, strengthening your bones, boosting your immunity and energy, keeping your skin, teeth, and eyes healthy, and it makes you live longer. Food is literal fuel for your body!

The best way to start is to just add one piece of fruit or serving of vegetables to your lunch or dinner every day. This will help you get into the habit of incorporating healthy food into your diet, and be on your way to a long, healthy life!

