

Clear Health – March Update - Nutrition Month

March is here, and it's Nutrition Month! This month everyone is encouraged to learn about making informed food choices and developing healthy eating and physical activity habits. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Did you know that what you eat also influences your mood? Many people prefer diets that are low in carbohydrates, however, this can be detrimental to your mood. These diets can increase feelings of tension, stress, and anxiety. Whereas diets high in carbohydrates (the good ones) tend to have an uplifting effect on your mood. Good nutrition also boosts your immune system, provides more energy, and improves your overall wellbeing. Below I have included a link on healthy eating at work and why it matters.

[Healthy eating at work - Canada's Food Guide](#)

In addition to Nutrition Month, this upcoming Sunday March 8th is the 115th annual International Women's Day! A day that has been celebrated since the early 20th century, with roots in labour and women's rights movements beginning in 1911. It's a day dedicated to celebrating the social, economic, cultural, and political achievements of women worldwide.

Here is our "Wellness Wednesday" tip of the week that we encourage you to share, print or post in a common area for your employees.



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