

# Health & Wellness Tip of the Week

Week 12  
March 20, 2017

## March is all about Nutrition

It is the perfect time to remind everyone about the importance of feeding your body what it needs in order to be in the best shape!



### Mind Over Platter

To eat better, you may need “train your brain” to think differently.

- Talk to yourself instead of listening to temptations. Don't let ads, other propaganda and social situations tell you it's OK to eat or drink something you know isn't good for you. Instead, tell yourself how much you like fruits and vegetables, and how good low-fat proteins and whole-grain fiber will be for your body.
- Create positive associations with healthy habits and negative associations with unhealthy ones. Picture how active you'll be from eating vegetables and how you might struggle to climb stairs if you consume junk foods.
- Try new things with an open mind. Convince yourself that you like healthful foods before you have them for the first time. Remember, delicious and nutritious can coexist.
- Focus on your goal. Whether you want to have more energy and better health to run a marathon or just keep up with your grandkids, remember that nothing tastes as good as achieving those goals will feel.

*Sources: Beth Miahaels, RD, MS, blogger at NourishingPassions.com*

**Human Resources Department**  
1201 E. 8th Street  
Mission, Texas 78572

