March is National Nutrition Month

National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise.

When you eat better, you feel better. But that's just the beginning. Introducing healthy eating habits now can also help you avoid potentially serious health issues down the road. Whether your goal is to feel good, manage your weight, or prevent health problems, now's the best time to get started.

Healthy eating can help you feel your best, give you plenty of energy to tackle the day, and even help you manage stress better.

Research shows that eating 5 servings of fresh fruit and vegetables a day can help lower the risk of death and reduce the risk of heart disease, stroke, cancer, and more.

Over two-thirds of U.S. adults (and nearly one-third of children) are overweight or obese. These physical conditions can pose a major risk if further health complications arise.

Being physically fit can feel challenging, but even with some simple changes to your behavior and activity level, you can quickly start to reap the benefits of fitness.

Fitness can lead to a healthier heart and stronger lungs, bones, muscles, and joints as well as lowering your risk of falls, diabetes, high blood pressure, and some cancers. Connect to healthy resources at kp.org/healthyliving for a look at how you can start your path to a healthier lifestyle.

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