



**Health
MATTERS**



HEALTHY EATING: FUEL FOR YOUR ENGINE

With obesity in the U.S. at an all-time high, weight management is central to an overall healthy lifestyle. Healthy eating is the key to weight management, healthy living, and prevention of illness. Combined with an active lifestyle, your focus on eating wholesome, healthy foods will help you feel better and live longer.

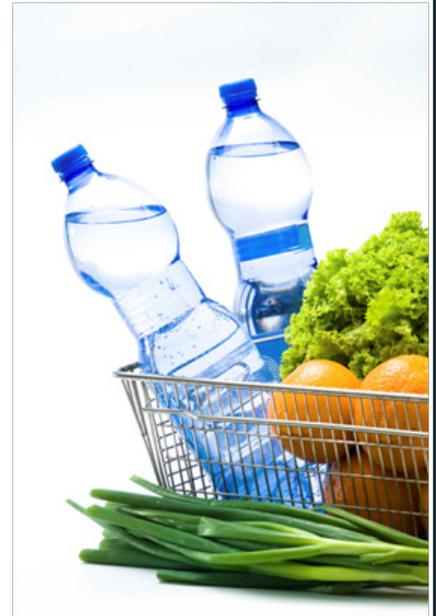
Healthy eating begins with a shift in our perception and an understanding that food is essentially fuel for our bodies, providing us with the vitamins, minerals and nutrients to live each day. And you don't have to suffer in the name of good health: nutritious options include some of the most fun, flavorful, tasty treats, including fresh fruits, vegetables, whole grains, fish, and lean meats. Even sweets - in moderation - have nutritional value!

Paying attention to what you eat is not the same as dieting. Diets are a temporary and ineffective approach to weight management that often leads to weight fluctuation and frustration. A more balanced, permanent approach to fueling yourself is more satisfying and effective.

Healthy eating is also one of the best things you can do to increase your energy, reduce your stress, and prevent and control many health problems, such as heart disease, high blood pressure, diabetes, and some types of cancer.

Big changes in how we live are never easy and should always be approached with a moderate, balanced attitude. Start small, by restricting one or two foods that have a lot of fat, salt, or sugar, and by replacing them with something new or unusual that appeals to you. Look to healthy friends or family for examples of nutritional trends that will make this process fun and interesting for you.

By learning to think of food as fuel and living an active lifestyle, you will soon find the pounds disappearing and your energy level growing.



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