



FITNESS
worcester

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CELEBRATE NUTRITION MONTH...CELEBRATE YOU!

Making the correct food choices and developing good eating and exercise habits not only can help you achieve your goal weight and look fabulous on the outside, it also keeps you strong and healthy on the inside.

Along with regular exercise, eating a balanced diet will help reduce the risk of chronic illness and increase longevity. The risk for these chronic diseases – like obesity, type 2 diabetes, heart disease and cancer – can be significantly reduced through a balanced, healthy diet.

Besides disease prevention, positive eating habits and a nutritious diet offer other physical and mental health benefits, including:

- **Mental health benefits.** Research found that healthy, balanced diets can significantly lower the risk of depression and help support mental and emotional well-being.
- **Better sleep.** While fatty and sugary foods can make it difficult to fall and stay asleep, the nutrients found in many healthy foods promote quality sleep.
- **Stronger immune system.** A balanced diet that includes healthy foods such as spinach, broccoli or yogurt, can boost the immune system and help reduce the chances of catching the common cold or flu.
- **Increased energy.** The vitamins, minerals and nutrients obtained from nutritious foods are essential for increasing and maintaining energy throughout the day.
- **Better brain function.** Consuming a variety of nutritious foods boosts memory, concentration and overall brain function. Food choices also have a direct effect on mood and attitude.
- **Healthier heart.** A diet rich in heart-healthy fats, whole-grains, lean protein, fruits, and vegetables will help lower blood pressure and LDL cholesterol levels while promoting optimal heart health.