

## Start Today for a Healthy Tomorrow

It's never too late to start your on your way to a healthy and active future. Let National Nutrition Month® be your opportunity to start fresh and *start today*.

Every year during the month of March, the American Dietetic Association (ADA) sponsors a national educational campaign to promote healthy eating and physical activity. The theme of 2002s National Nutrition Month® is *Start Today for a Healthy Tomorrow*.

Since 1980, the ADA has celebrated National Nutrition Month® as a way to promote optimal nutrition and wellness in all people, while also highlighting the organization and its 70,000 professional members as the most respected and credible sources of up-to-date, scientifically-sound diet and nutrition information.

The focus of the 2002 campaign is aimed at the pleasures of eating and personalizing healthy nutrition and exercise to fit one's individual preferences.

*Start Today for a Healthy Tomorrow* promotes the message that all Americans can benefit from healthy food, activity and lifestyle choices. The ADA encourages individuals to use the USDA Food Guide Pyramid as a *roadmap* toward balancing healthy foods, portion sizes and servings in the daily diet.

In order to "jump-start" your goals for health, the ADA suggests trying new foods and new activities, and encouraging friends and family members to join along for support, while also promoting their own health.

With our busy lives, it may seem easy to put-off making healthy changes to our diets and current exercise routines. Healthy choices *today* can help ensure a long and healthy future. Look for National Nutrition Month® activities in your town throughout the month of March.

*Reference:*

The American Dietetic Association. Internet site: [www.eatright.org](http://www.eatright.org). (February 2002).