

March

As the weather gets warmer,
and the days get longer,
Remember that the best food
provides the best nutrition



phone: 1.412.351.3360 web: www.willclower.com

National Nutrition Month

HOW To Boost Your Nutrition in March?

Do Eat

1. Fruits and Veggies
2. Things that grew
3. At meal times
4. At home
5. Foods
6. A colorful plate



Don't Eat

1. Fake foods
2. Synthetics
3. Through the day
4. In a drive thru
5. Pills
6. Neon or Day-Glo foods





March

Go Green
To have a little
Luck O' The Irish
This year



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This St. Patrick's Day...

Live and Laugh and Love
Enjoy your life like you mean it
Eat well without eating too much
Spend time with the people you love in your life



Happy St. Patrick's Day!



March

**Summer is coming!
Get a head start on your best
beach-ready body!
Walk every day In every way.**



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Do the “March To May”





March

Every year The National
Diabetes Alert day is on the
4th Tuesday in March



Diabetes ALERT

Just Do It. It's THIS easy...

To find out if you are Diabetic
(or pre-diabetic) And don't
even know it.



Know Your Numbers!

Learn your Health Numbers and
keep them in the target zone

