



Celebrate National Nutrition Month With These Fun Tips!

March is National Nutrition Month, a time to celebrate all the ways that eating a healthy diet can improve your quality of life! Healthy eating patterns can help you feel better and reduce your risk of chronic diseases like diabetes or heart disease. It may even play a role in managing pain levels!

Of course, eating healthfully can feel challenging to many, especially if you try to do a complete overhaul of your diet all at once. **This March, the team at Key Physiotherapy wants to encourage you to instead focus on making small, simple changes while celebrating the joys of healthy eating.**

Five Ways to Celebrate National Nutrition Month This Year

- 1. Focus on adding healthy choices rather than restricting unhealthy ones.** The easiest way to incorporate more healthful foods like fruits, veggies, whole grains, and lean meats is to simply... add them to your diet. Don't get hung up on cutting out "bad" foods; look for opportunities to add a healthy choice instead.
- 2. Taste the rainbow.** Colorful fruits and vegetables often have the most nutritional value. Try to create a rainbow meal: for example, purple eggplant, orange carrots, red tomatoes, and lots of leafy greens!
- 3. Visit a local farmer's market.** A healthy diet centers on fruits and vegetables. Plan a trip to a nearby farmer's market to load up on old favorites and new discoveries.

recipes and pick out ones that appeal to them. Then, involve them in the cooking process.

- 5. Unleash your inner food critic.** Many people assume healthy food doesn't taste good, but this simply isn't true. This month, keep track of all the new foods you're trying and rate them on deliciousness (and make a note about how these health choices are impacting your health and well-being).

Of course, proper nutrition is only a piece of a healthy lifestyle. It's also important to get enough sleep, manage stress, and stay physically active.

To learn more about the Key Physiotherapy approach to health and wellness, call us to schedule an appointment today!

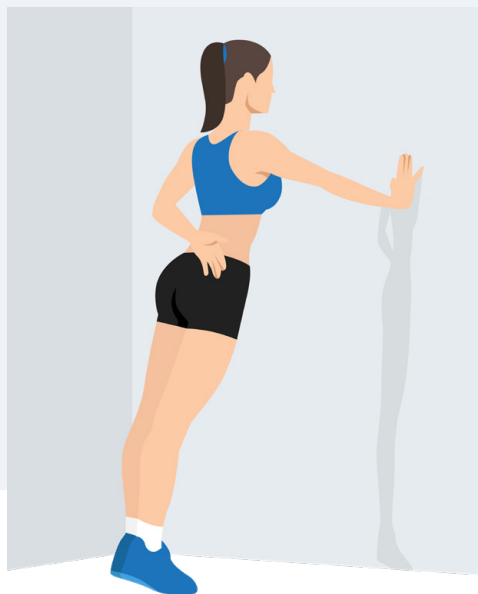
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EXERCISE ESSENTIALS

Plank On Wall, 1 Arm

Start by standing with a wall in front of you. Place one arm behind your back and your other palm on the wall at about chest level and straighten your arm. Brace your abdominals and step your feet back until your body is in a straight, diagonal line. Hold for 30 seconds.



HEALTHY RECIPE

AVOCADO-EGG TOAST



Ingredients:

- 1/4 avocado
- 1/4 teaspoon ground pepper
- 1/8 teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

Directions: Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>

Avocados contain healthy fats, anti-aging, disease-fighting antioxidants, and nearly 20 vitamins and minerals.

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READ WHAT OUR PATIENTS HAVE TO SAY!



Be healthy, strong, and more active —
If not for you, do it for those you love!

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PATIENT SUCCESS STORY

"Mark and his staff at Key Physiotherapy are very knowledgeable, courteous and professional. They are friendly and care about their clients. I was referred to Mark by my occupational therapist for laser treatment to my hand to improve appearance and function. The laser treatment worked. I highly recommend Key Physiotherapy to anyone requiring any of the services they have to offer."

— Jon M.



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