Midland College Fitness Center

March 2017 –Spring Edition – Newsletter

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the *Dietary Guidelines for Americans* can help get you started.

Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products .Include lean meats, poultry, fish, beans, eggs and nuts. Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the **Nutrition Facts panel** on food labels for total fat and saturated fat.

Do you provide Candy in your Department?

Let's make each department healthier. Swap out your candy and sweets for Fresh Fruit for the month.

Walk Texas Monuments Challenge

Starting March 27th – June 1st
Registration Starts
March 20th -25th
More information coming soon

Fitness Center Hours:

5:30am-8:30 pm Mon-Thur
5:30am -6pm Friday

Come by and enjoy the Fitness Center.
Don't know where to start, we can help with that.

March Classes

Noon Fitness Class- For All Employees
Monday & Wednesday 12:00- 1:00
&
Tuesday & Thursday 12:00 -1:00

Campus Wide Nutrition Week
March 27-31st

Fitness Center Contact Info: Front Counter Phone: 685-6897