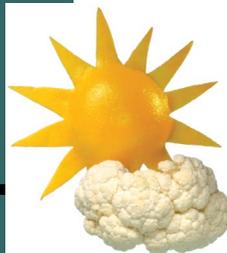


# HEALTHY PALOUSE



SPREADING THE WORD ABOUT STAYING HEALTHY ON THE PALOUSE

March 2010

## March is National Nutrition Month!

Take time this month to reflect on your eating and moving habits. What do you like? What would you like to change? In a world of confusing food products and diet plans keep it simple.



Enjoy a variety of fruits and vegetables.

Enjoy grains, breads, and cereals.

Try to make half whole grain.

Enjoy using herbs and spices to flavor foods instead of salt.

Your taste buds will quickly adjust to less salt.

Eat out less.

Bigger portions and surprisingly high amounts of fat, sugar, and salt are served up when you eat out.

Think your drink.

One twelve ounce can of soda has about 150 calories.

Get a healthy living ideas and recipes at The American Dietetics Association's National Nutrition Month website [www.eatright.org/nnm](http://www.eatright.org/nnm)

## Let's Get Active Exhibit at Palouse Discovery Science Center

Let's Get Active is a highly interactive exhibit featuring 11 dynamic hands-on areas where you can learn how to prevent illness and disease, lose weight, gain energy and slow the aging process- just by being active!

Let's Get Active features many dynamic hands-on components where visitors can test their fitness level and learn how to live a healthy lifestyle.

Learn important tips on how to burn as many calories doing every day activities as you would playing sports!

Visitors can also try an electronic jump rope, step on a balance board and test their strength while comparing the results to a national average.

There is even a dance area for kids! So gather up your family and come get active at the [PSDC!](#)



### Related Links:

[www.eatright.org](http://www.eatright.org)

[www.palousescience.org](http://www.palousescience.org)

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.mealsmatter.org](http://www.mealsmatter.org)

[Whitman County Department of Public Health website](#)

## Upcoming Topics:

- Food Environment Atlas
- Pullman Farm Fresh Market
- Safe Routes to School



## Upcoming Events:

- Public Health Day at Palouse Discovery Science Center March 20
- Pullman Chamber of Commerce Cabaret April 3
- Family Fair April 27

Healthy Palouse is funded by the 5930 Grant, and supported by the Whitman County Health Department

To remove your name from our mailing list, please [click here](#). Questions or comments? E-mail us at [jessieh@co.whitman.wa.us](mailto:jessieh@co.whitman.wa.us) or call us at 509-332-6752