
PRESS RELEASE

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SCHOOLCRAFT MEMORIAL HOSPITAL and the U.P. DIABETES OUTREACH NETWORK ON

National Nutrition Month®

March is National Nutrition Month®. National Nutrition Month®, established in 1973 by the American Dietetic Association, was created to promote healthful eating by providing practical nutrition guidance and focusing attention on the importance of making informed food choices and developing sound physical activity habits.

The U.P. Diabetes Outreach Network would like to help Upper Michigan residents achieve their goals for healthy living. During National Nutrition Month, UPDON will be giving away a publication titled Turning Over a New Leaf. This educational resource provides easy-to-understand information about nutrition, heart health and physical activity. Those wishing to receive this free publication can do so by calling **1-800-369-9522** from anywhere in the Upper Peninsula. Supplies are limited so call soon.

UPDON and Schoolcraft Memorial's resident diabetic and nutritional educators Anne Richey, RN CDE and Julie Richey, RD, CDE also encourage all U.P. residents to remember these National Nutrition Month key ideas:

- The food and physical activity choices you make today affect your health and how you feel not only today but everyday. Eating right and being physically active are keys to a healthy lifestyle.
- Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Be sure to stay within your daily calorie needs.
- Get the most nutrition out of your calories. From each food group choose the most nutritionally rich foods you can - those packed with vitamins, minerals, fiber and other nutrients but lower in calories.
- Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness. In addition, physical activity helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases like diabetes.

Step up today by making healthier lifestyle choices to improve your health and the health of your family and you'll reap the benefits for years to come.

For more information about diabetes, please call Schoolcraft Memorial's, Anne Richey at 906-341-3210.