

Pillar 2: Nutrition

Why is it Important?

Nutrition helps the mind, soul, and body. When your body is receiving all the necessary nutrient it needs, daily life becomes easier and more enjoyable. Health benefits are also reaped from having a good diet, which is extremely important when considering your future life.

Benefits:

- Improvement of overall well-being
- Able to maintain good energy levels throughout the day
- Increased ability to recover from injury or illness
- Reduced risk of serious diseases:
 - Heart disease
 - Diabetes
 - Stroke
- Balanced digestive system
- You just 'feel' better about yourself because you are nourishing yourself with health food



Balance Your Plate

Balancing your plate is a fantastic way to start a healthy nutrition. A simple rule many doctors encourage people to follow is the 25-25-50 rule. 25% of your plate should be proteins, 25% of your plate should be whole grains, and the other 50% should be a fruit or vegetable of any kind(s).

