



**Remember
the old saying,**

**“You Are What
You Eat”?**

**When it
comes to
good health,
it’s true!**

AUGUST 22ND – SEPTEMBER 16TH

Join the **FREE Nutrition Awareness Challenge** (www.partnersforhealthtn.org/library/nutrition_registration.aspx) and learn ways you and your family can eat well, become more active and feel good!

The **ParTNers for Health Nutrition Awareness Campaign** was created to help members and their families learn about the importance of nutrition to good health. Our goal is to encourage healthy-eating habits as part of an overall healthy lifestyle, which includes proper nutrition, exercise and preventive care to help prevent nutrition-related health problems like poor diet, eating disorders and overweight/obesity.

SIGN UP IS EASY.

Click [here](http://www.partnersforhealthtn.org/library/nutrition_registration.aspx) (www.partnersforhealthtn.org/library/nutrition_registration.aspx) to get started!

HAVE QUESTIONS ABOUT NUTRITION OR OTHER HEALTH QUESTIONS?

Call a health coach for information and support at **1-888-741-3390**. Or e-mail the ParTNers for Health Wellness Program at partnersforhealthcoach@apshealthcare.com.

This free, four week Nutrition Awareness Campaign includes weekly email tips and web-based guides, as well as links to personalized nutrition resources to learn about healthy eating habits. Members can learn at their own pace, any time, 24/7.

**WEEK ONE:
NUTRITION BASICS**

The first week introduces the basics of good nutrition, including the new USDA “Choose My Plate” guidelines announced this year. Participants will also receive a link to a nutrition calendar that they can print from their computer. The calendar provides helpful nutrition tips and gives participants a way to chart their daily progress.

**WEEK TWO:
FAMILY NUTRITION**

Good nutrition is important for the whole family! Healthy eating is a great way to spend quality family time. And it gives kids examples of a healthy lifestyle. This week also includes information for parents about school lunch programs.

**WEEK THREE:
NUTRITION ON A BUDGET**

Too often people think a healthy diet is “too expensive.” This week focuses on tips for good nutrition habits – even on a budget!

**WEEK FOUR:
VITAMINS AND MINERALS**

Most people know that vitamins and minerals are important. But many people may not know why they’re important to good health or which foods are good sources. This week reviews the most essential vitamins and minerals, from Vitamin A to Zinc!