March Well Aware eNews

March 2019

A comprehensive 14-week training calendar tailored to personal levels of experience

March is National Nutrition Month

The Academy recommends balancing nutritious foods with physical activity most days of the week. According to the U.S. Department of Health and Human Services' physical activity guidelines, adults should participate in at least 150 minutes of moderate-intensity aerobic activity each week. As always, be sure to include strength training exercises at least two days a week. Nutrition should also be balanced and healthy. Try a new healthy recipe or plan a day where only whole grains are consumed.

Well Aware Fitness Log

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