

# March is National Nutrition Month!

Every March, the American Dietetic Association celebrates National Nutrition Month. This year's theme, Nutrition from the Ground Up, focuses on getting back to the basics of good nutrition. It also highlights the communal aspects of eating. SCSU's Registered Dietitian, Doreen Kordorsky RD has several activities planned for this nationally recognized time of year. Events include a **nutrition information table in the Adanti Student Center on Thursday, March 4, from 11:30-1:30pm**, with activities such as Eat this, not that, What's in your fridge, free weight management kits, an interactive nutrition quiz and a raffle.

In keeping with the theme, Kordorsky stresses the need for college students to know the basics of **healthy food shopping, food preparation/ simple cooking** and how to **make good food choices when dining on and off campus**. Interested students can take a **guided tour of a local supermarket** with Doreen to learn how to become a more nutritionally-savvy food shopper. Tours of Connecticut Hall are also being planned, to highlight the healthy and tasty foods available, and to demonstrate how to put together well-balanced meals.

In addition, Doreen is available to all full time students for **individual nutritional counseling** and for **residence hall group presentations** on various nutritional topics of interest to students. She can be reached at Student Health Services, 392-6309, or at [kordorskyd1@southernct.edu](mailto:kordorskyd1@southernct.edu).

For more information on National Nutrition Month, visit the American Dietetic Association at, [www.eatright.org](http://www.eatright.org). For the basics of good nutrition, go to [www.MyPyramid.gov](http://www.MyPyramid.gov).

**Next Walk Date:**  
Thursday, March 4th,  
12:30pm, Moore Field House

## **Nutrition Tip:**

Did you know that SCSU has an Organic Vegetable Garden?

For More Information contact the Environmental Futurists at [environmentalfuturists@gmail.com](mailto:environmentalfuturists@gmail.com) or in the ASC Room 217C

## **Fitness Tip:**

Lacking motivation to work-out harder? Try setting an attainable goal. Write down an exercise or workout and find a physical goal to work toward. If you can only do 10 push-ups, try to increase to 15 push-ups in 2 weeks. If you always run 1 mile, begin to increase the distance until you can get to 1.5 miles without walking. Reaching smaller goals can provide motivation to keep working toward the larger goals.

