

# Building Bridges to Nutrition Excellence

By Rebecca Morley



**'Tis the season to be jolly!** Being in good spirits comes naturally when we feel our best ...energized, healthy, and our clothes fit properly. Instead of non-stop grazing during the holidays, consider building a bridge to nutrition excellence.

In defense of holiday parties and their wonderful array of foods, create mindful choice from the holiday fare.

**In building our bridge** to nutrition excellence, use the six vertical categories of the pyramid as struts for structural support and a healthy lifestyle as the foundation. Ralph Waldo Emerson claimed, **"The first wealth is health"**. Health is a state of well-being that includes physical, mental, and spiritual health.

**Building our bridge to nutrition excellence**

takes us across obstacles that hinder health. Rather than list New Year's Resolutions, full of restrictions and challenges, let's change our focus to building health. We expect slips, mistakes, and delays when a project is under construction. But the finished product makes all the effort worthwhile. There is pride in achievement!

**Difficulties arise** when we are too strict with ourselves. Instead, let's feel success as we revise our focus to the healthy food choices we use to create our infrastructure. Creation allows an openness for help and advice, without the sting of criticism.

**The building process hones** new skills and habits. In the selection of materials, builders discover quality means more than quantity. Can you imagine a carpenter saying, "I'll use those Styrofoam boards, cause they look like 2 x 4's and cost a lot less!"? Likewise, choosing nutrient dense real foods helps us build a well-nourished body that will be sustainable for years to come! Begin construction today as you eat smart, and move more! You'll start counting your wealth in health!

