



The Getty Fitness Center is presenting a Wellbeats September Nutrition Challenge!

According to the U.S. Department of Health and Human Services, approximately 75% of the U.S. population has an eating pattern that is low in vegetables, fruits, and oils. On the contrary, most Americans exceed the recommendations for adding sugars, saturated fats, and sodium.*

In the world we live in today, we know it can be challenging to keep up with a healthy lifestyle.

Beginning Monday September 14th we will be presenting the “Nourish Your Everyday” 14-day nutrition challenge on Wellbeats! Each day you can participate in brief lessons (under 10 minute) cooking demos and new recipes to support your health and fitness. Participants will be entered in prize drawing for Wellbeats prizes!

To sign up or for more information contact Fitnesscenter@getty.edu

We encourage you to check out the brand-new Wellbeats “Nourish” Nutrition Channel full of nutrition education, recipes, and cooking tips.

*Source: <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/chapter-2/current-eating-patterns-in-the-united-states/>