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March is National Nutrition Month®. Learn how communities can help increase access to healthy foods and beverages through farmers' markets and other programs. <http://bit.ly/2kYPuZA>



Communities can help encourage healthy eating by providing access to fruits and vegetables. During National Nutrition Month®, learn how corner store owners in Kentucky are improving their business and the health of their community by offering fresh produce. <http://bit.ly/2kSDFUO>

Did you know that kids aged 6 years and older should be getting at least one hour of physical activity each day? With warmer weather around the corner, kids have more opportunities to get outside and be active. Learn how to encourage children to be more physically active. <http://bit.ly/2DeBVOp>



Does your office have a worksite wellness program? Are there ways to improve your current program? Here are some resources to help you promote physical activity and healthy living at your workplace. <http://bit.ly/2DLd7yH>

Early Care and Education settings can play an important role in encouraging physical activity and promoting healthy habits in children. Learn how CDC is working in these settings to prevent childhood obesity. <http://bit.ly/2Dps4bX>

People who have obesity are at an increased risk for many serious chronic health conditions. Use this step-by-step guide to get started losing weight. <http://bit.ly/2i6erVi>

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VIDEO: See how offering healthy food options has affected these corner store owners and the health of their community. <http://bit.ly/2kSDFUO>

Warmer weather is just around the corner, learn ways to encourage children to be more physically active. <http://bit.ly/2DeBVOp>



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For more information, email the Applied Media and Communication Science Team at chcommunicationsteam@cdc.gov.



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