**Navy MWR Fitness – Nation Nutrition Month 2025**

**Sample Social Media Posts**

*Recommended Hashtags: #NavyFitness #NationalNutritionMonth*

*Hootsuite Tags: MWR | Fitness | National Nutrition Month*

General Awareness

1. Happy National Nutrition Month! Take this opportunity to focus on building healthful eating and physical activity habits that contribute to your overall readiness. The theme for this year, "Food Connects Us," reminds us of how food connects us to our communities, cultures, and families – and when we nourish our bodies, we enhance our performance and well-being. To learn more, visit www.eatright.org/about-national-nutrition-month. Navy focused resources can be found at www.navyfitness.org.
2. March is National Nutrition Month! This month, we’re focusing on making informed food choices and developing healthy eating habits to keep Sailors mission ready. The theme for 2025, "Food Connects Us," reminds us how food connects us to culture, family, and friends. A Registered Dietitian Nutritionist (RDN) can help you create healthy habits that are sustainable and right for you. Learn more at www.eatright.org/about-national-nutrition-month and find Navy-focused resources at www.navyfitness.org.
3. Food is more than just fuel – it connects us! March is National Nutrition Month, and the theme this year is "Food Connects Us." Healthy eating habits fuel our energy, performance, and mental focus, all key factors for our Navy FFR community's well-being. A Registered Dietitian Nutritionist (RDN) can help you tailor your nutrition to your unique needs. Let’s celebrate the ways food brings us together! Visit www.eatright.org/about-national-nutrition-month and www.navyfitness.org for more info.
4. Food connects us all! March is National Nutrition Month, and we’re celebrating healthy habits and making informed food choices to support the well-being of the Navy FFR community. The theme for 2025, "Food Connects Us," reminds us how food brings us together, strengthens relationships, and promotes well-being. Learn more at www.eatright.org/about-national-nutrition-month and www.navyfitness.org.
5. Let’s celebrate National Nutrition Month! March is the perfect time for the Navy FFR community to focus on developing healthy eating and physical activity habits that enhance overall well-being. Food is more than sustenance; it’s a way we connect with our cultures, families, and friends. The theme this year, "Food Connects Us," emphasizes how food strengthens these connections. Learn how to create lasting healthy habits with help from an RDN. Visit www.eatright.org/about-national-nutrition-month and www.navyfitness.org for more information.

Week 1: Connect With Food

1. Food connects us in many ways—from the kitchen to the table! In honor of National Nutrition Month, explore cooking and meal planning. Small changes in the galley or at home can lead to big health benefits. Visit www.NavyFitness.org to use the Virtual Meal Builder and discover the 'eat the rainbow' resource for a colorful, nutrient-packed diet.
2. Cooking, meal planning, and eating the rainbow are all part of connecting with food! Visit www.NavyFitness.org to explore the Virtual Meal Builder and color your plate with vibrant fruits and veggies.
3. Healthy meals start with planning! Use the Virtual Meal Builder at www.navyfitness.org/fitness/nutrition/virtual-meal-builder to create a nutritious menu and discover how 'eating the rainbow' can benefit your health.

Week 2: Connect with a Nutrition Expert

1. Looking to improve your nutrition? Week 2 of National Nutrition Month encourages you to connect with a nutrition expert! Ask your doctor for a referral to a Registered Dietitian Nutritionist (RDN), and get tailored advice to help you achieve your health goals. Find Navy RDNs here: www.mynavyhr.navy.mil/Portals/55/Support/Culture%20Resilience/NavyNutrition/Navy%20Dietitian%20Locator\_Jan%202025.pdf?ver=dnFkoKbsTmpR8K5OtA7sKw%3d%3d
2. Your health is personal, and your nutrition should be too. Connect with a Registered Dietitian Nutritionist (RDN) this National Nutrition Month to receive personalized advice for your health goals. Navy service members can find a dietitian at www.mynavyhr.navy.mil/Portals/55/Support/Culture%20Resilience/NavyNutrition/Navy%20Dietitian%20Locator\_Jan%202025.pdf?ver=dnFkoKbsTmpR8K5OtA7sKw%3d%3d
3. Connect with an expert to reach your nutrition goals! National Nutrition Month is the perfect time to work with a Registered Dietitian Nutritionist (RDN). Ask your doctor for a referral and get the personalized nutrition support you need. Find a Navy Registered Dietitian Nutritionist (RDN) at www.mynavyhr.navy.mil/Portals/55/Support/Culture%20Resilience/NavyNutrition/Navy%20Dietitian%20Locator\_Jan%202025.pdf?ver=dnFkoKbsTmpR8K5OtA7sKw%3d%3d

Week 3: Explore the Connection Between Food and Culture

1. Take a journey through culture with food this week! Explore global flavors, experiment with new ingredients, or cook up traditional dishes from your culture. Food connects us to our roots and loved ones, fostering community and well-being. These shared moments can help Sailors stay connected to their cultural traditions, boosting morale and resilience—vital for mission readiness! Visit www.eatright.org/about-national-nutrition-month and www.navyfitness.org for more info.
2. This National Nutrition Month, explore the connection between food and culture! Experiment with new recipes, try different cooking techniques, and incorporate dishes from your cultural traditions. Food has the power to bring us together, so make it a shared experience with family and friends! Visit www.eatright.org/about-national-nutrition-month and www.navyfitness.org for more info.
3. This week, explore how food connects us to our cultures. Whether trying a new recipe or enjoying a family favorite, food traditions create lasting memories and strengthen community bonds—essential for Sailors’ and their families’ resilience and mission readiness. Visit www.eatright.org/about-national-nutrition-month and www.navyfitness.org for more info.

Week 4: Build The Connection Across All Stages of Life

1. National Nutrition Month - Active Living and Healthy Eating Active living goes hand-in-hand with healthy eating. Staying active and making good food choices will help you stay mission-ready in all environments, whether you're deployed or home. Get started with Navy fitness resources at www.NavyFitness.org and keep yourself strong and healthy.
2. National Nutrition Month - A Stronger You Starts With Nutrition | Nutrition is a key factor in feeling your best and being ready for any challenge. This National Nutrition Month, let’s commit to making small but impactful changes in our eating habits to improve health and performance. Need help? www.NavyFitness.org has all the resources you need to stay mission-ready.
3. National Nutrition Month - Embrace Plant-Based Options | National Nutrition Month reminds us to explore a variety of food options! Whether you’re trying a meatless meal or looking to add more veggies to your plate, plant-based foods can help nourish your body and support a balanced diet. Check out more resources at www.NavyFitness.org.