



Nutrition: Fuel your growth



NATIONAL NUTRITION MONTH



This March, we want to help you fuel your growth with a spotlight on nutrition. We'll dive into the importance of nutrition for every stage of life and health goal!

MONTHLY CHALLENGE

6 Let's get cooking!

 March 6–24th

Join our recipe community group and share your favorite healthy recipe. Then, vote for your favorite! The top 5 winning recipes will be included in the official Bernalong cookbook with a little feature on YOU--the chef. Bon Appetit!

FOOD AS FUEL LIVE EVENT



 March 15th at 12 PM ET

Join Bernalong experts to discover how the right diet can fuel your health goals. From chronic condition management to an upcoming race to recipes to keep up your energy, we want you to be sustained and inspired.