Texting While Driving Leads to…

- 1,600,000 accidents per year according to the National Safety Council.
- 33,000 injuries per year according to Harcard Center of Risk Analytics Study.
- 11 teen deaths occur every day according to the Institute for Highway Safety Fatality Fact.
  *(That is 11 families, schools, and communities that are forever missing children, classmates, teammates, and that great kid next door because they took that 5 seconds it takes to text that they were running late, or whatever not-so-important message they sent.)*
- In 2011 at least 23% of auto collisions involved cell phones.

March is: National Nutrition Month

**Eat Right**

Building a healthy plate is easy when you make half your plate fruits and vegetables. It’s also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal.

**Healthy Tips:**

- Make at least half your grains whole grains
- Vary your veggies
- Focus on fruit
- Get your calcium rich foods (low-fat milk, yogurt and cheese are good examples)
- Go lean with protein

1 Corinthians 6:19-20

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.