



March is National Nutrition Month and can mark a great time to develop new habits. With days growing longer (and warmer) and the growing season just beginning, it can be simpler to add fresh fruits and vegetables and outdoor exercise to your lifestyle this spring. Many of the most positive diet and exercise habits can also directly impact your budget. Below, we'll discuss a few of the ways in which your healthy lifestyle habits and healthy financial decisions can intersect.

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Regards,

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