



Introducing Nourish: A 6-Week Healthy Eating Program

The NIH Office of Research Services is excited to announce *Nourish*, a spring 2024 well-being challenge that helps turn healthy eating intentions into lifelong habits. Wrapped in a captivating garden theme, *Nourish* lets you choose the activities most meaningful and motivating to you.

What's in it for Me?

- Grow *virtual* veggies, fruits, and grains from around the world by recording health activities.
- Then try delicious recipes with ingredients from your garden — *7 new recipes each week!*
- A mobile app is also available to track on the go.

Who Can Participate?

- Available to *all Federal employees, and anyone in your household 18 and over.*
- Read the [Nourish letter](#) to all federal agencies for full details.

How Do I Register?

- Go to the [Feds Get Fit website](#) to register or access the one-minute video.
- Logging Begins: Monday, April 1
- Registration and Team Formation Ends: Monday, April 8
- Last Day to Track Activity: May 14
- Check out the [Registration Guide](#) or [download a copy](#).

Option to Form a Team

- Team participation is optional, but when groups of 4 band together toward a shared goal, they greatly improve their chance of success — and have more fun along the way!
- After registering, go to the “Team” page, then “Create Team.” You can also accept the invitation to join someone else’s team.

Learn how you can increase energy, lift mood, and sharpen focus by eating more nutrient-rich food and less nutrient-deficient food in *Nourish*. Join us by April 1st!