



Healthy Lifestyles

Small steps ... right direction!



Exercise Challenge: Orange Town Pool

Baby it's cold outside - so go for a swim!



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DID YOU KNOW?

Ways to Boost Your Immune System

During the winter months colds and flu seem to be everywhere, however, there are many ways you and your family can avoid becoming sick at all.

- Vitamin D is a powerful nutrient to effectively boost immunity and help prevent the flu virus
- Zinc before the flight of a cold will shorten cold or even prevent it from taking its course
- Sleep - a full 8-10 hours is key to a strong immune system
- Manage Stress - music, dancing, meditation, creativity
- Water - wake up with it and let it be your companion all day long. Add lemon for detoxification
- Walk - those who don't have twice as many sick days than those who do.
- Get a massage - professionally or by your significant other

Of course, eating less sugar and more vegetables will also contribute to boosting your immune system. Here's to your health.

RECIPE CORNER: TASTY AND HEALTHY! GIVE IT A TRY!

Ginger Chicken Noodle Soup

Ingredients

- ½ lb Rice Noodles
- 1 lb Chicken Breast
- 1 Tsp Reduced Sodium Tamari Sauce
- 1 Tbsp sliced scallion
- 3 Sliced organic carrots
- 1 ½ cups sliced organic celery stalks
- 1 Tsp grated fresh ginger
- ½ tsp sesame seeds
- 1 box Low Sodium Free Range Chicken Broth

Preparation:

Place all ingredients (EXCEPT noodles and sesame seeds) into a slow cooker and put on high for one hour then reduce to low. Cook noodles in a separate sauce pan, drain and set aside. Let slower cooker do the work for at least 4 hours. Add noodles and seeds to soup bowl prior to serving.

New Year New Level!!

Up your game and be the best you can be!

<http://www.pinterest.com/Good4Kids2014>