



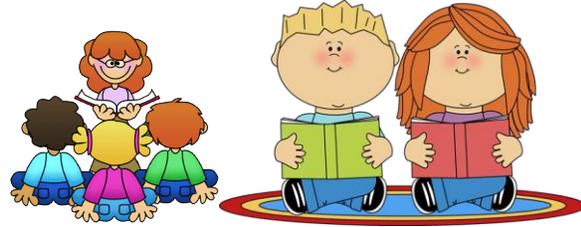
Healthy Lifestyles

Small steps ... right direction!



Exercise Challenge: Speed Read

Turbocharge story time: Choose a word that will be repeated often ("green," for instance, if you're reading Green Eggs and Ham) and have the child stand up or sit down each time he/she hears it.



Volume 3;

Issue 8

Orange Public Schools

April 8, 2017

DID YOU KNOW?

Yoga Is Good For Everyone

Yoga may sometimes seem as an adult only form of exercise. However, relaxation, flexibility, core strengthening and balance can also benefit our children as well.

Yoga has been proven to help people with scoliosis, anxiety and depression. Yoga teaches us about mindfulness and mindfulness is an important tool to give our children. It not only helps them in their academics, it helps them make better decisions overall. It initiates "down time" and allows them the opportunity to breathe and relax.

In addition to all those wonderful things, yoga can help children take their sport to the next level. Strength training and flexibility only add to a child's athleticism.

So check out your local yoga studio that offers kids classes or make it a family fun night and do it together!

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

Coconut Muffins

- 3 eggs
- 2 tablespoons butter, melted
- 2 tablespoons coconut milk
- 3 tablespoons honey
- 1/4 teaspoon salt
- 1/4 teaspoon vanilla extract
- 1/4 cup sifted coconut flour
- 1/4 teaspoon baking powder

Directions

1. Preheat oven to 400 degrees F (200 degrees C). Grease or line muffin cups with paper liners.
2. Whisk eggs, butter, coconut milk, honey, salt, and vanilla extract together in a bowl until smooth. Mix coconut flour and baking powder together in a separate bowl; stir into egg mixture until batter is just combined. Pour batter into prepared muffin cups.
3. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 15 to 20 minutes.

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



You're invited!

Healthy Lifestyles Health Fair! Don't miss out on the fun and games. Screen Free Week Peck Place School

APRIL 26TH!! 6 - 8 pm