



Healthy Lifestyles

Small steps ... right direction!



Exercise Challenge: Cross the Stream

Use chalk or tape to draw two lines to represent a stream. Vary the width, with banks nearly touching in some places, widening to no more than 4 feet. Mark the spots where you are able to jump across. Try running leaps. Try jumping with feet together.



With each jump yell something fun!

Volume 3;

Issue 7

Orange Public Schools

March 3, 2017

DID YOU KNOW?

Fitness Is Not Only Organized Sports

Many parents and kids think organized sports when they think of fitness. Though there are many advantages to signing a child up for the softball team, practice and games once or twice a week will not be enough to reach activity goals. Here are some ways to keep your kids moving at home:

- Make physical activity part of the daily routine. From household chores to an after-dinner walk, keep your family active every day.
- Allow enough time for free play. Kids can burn more calories and have more fun when left to their own devices. Playing tag, riding bikes around the neighborhood, and building snowmen
- Be active together. It'll get you moving, and kids love to play with their parents.
- Limit time spent in sedentary activities, such as watching TV, being online, and playing video games and games apps.

If you run out of possibilities at home, take advantage of local playgrounds and athletic fields. Make family fitness outings part of your regular routine.

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

Broccoli cheddar pizza

- 1pound pizza dough, at room temperature
- cornmeal, for the baking sheets
- 2cups frozen chopped broccoli, thawed
- 2cloves garlic, sliced
- 8ounces Cheddar, grated (2 cups)
- kosher salt and black pepper

Directions: Heat oven to 475° F. Shape the dough into 4 rounds and place on 2 cornmeal-dusted baking sheets. Dividing evenly, top the rounds with the broccoli, garlic, and Cheddar; season with ¼ teaspoon each salt and pepper. Bake until the crust is golden brown, 18 to 20 minutes. ****FOR MORE NUTRIENTS PLACE EXTRA VEGGIES IN A BLENDER BEFORE ADDING THEM TO THE SAUCE ;)**

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



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