

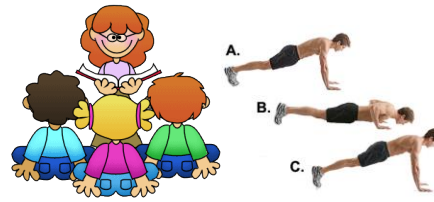


# Healthy Lifestyles

Small steps ... right direction!



## Exercise Challenge: Popcorn Pushups!



Place bowl of popcorn on the floor. Have a contest who can finish their bowl first. One kernel per pushup!

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### DID YOU KNOW?

#### Healthy Lifestyle Health Fair

On April 26<sup>th</sup>, the Healthy Lifestyle Committee kicked off a great health fair for students of all four schools. We had a great turn out and the children really had fun. There was an energetic Zumba class and some board breaking with Master Chow. The children were all given passports to get stamped at each station. Every station had something either interactive or informational for both children and parents. Healthy Lifestyles would like to formally thank parents, teachers, staff, principals and our superintendent for making this night of screen free week a fun one!

Michele Tenney has been visiting Turkey Hill School every week to be interviewed by the children in the media department. A link to the weekly video will be posted in this newsletter for your convenience so stay tuned!

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

### Solly's Banana Bread Muffins

- 3 Ripe Bananas
- 1 Egg
- ¼ cup butter
- 2 Tablespoons of local honey
- 1 Teaspoon vanilla extract
- 1 Teaspoon baking soda
- 1 1/2 cups flour (Red's coconut or almond flour will also work as a healthy alternative)

#### Directions

1. Preheat oven to 350 degrees F. Grease or line muffin cups with paper liners.
2. Mix mashed bananas with egg, honey, butter and vanilla. Mix in baking soda and flour. Pour batter into prepared muffin cups.
3. Bake in the preheated oven for approximately 15 to 20 minutes.

Solomon was a contestant of the Healthy Lifestyles Muffin contest! Great job, Solly!

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



You are AMAZING!! Be the best you!



YOU ARE WORTH IT!