



# Healthy Lifestyles

Small steps ... right direction!



## Exercise Challenge: Deck of Cards!

### PLAYING CARD FITNESS

A - 15 JUMPING JACKS  
K - 4 BUPEES  
Q - 23 LINE JUMPS  
J - 4 PUSH UPS  
10 - SQUATS  
9 - CURL UPS  
8 - ARM CIRCLES  
7 - HEEL RAISES  
6 - PLANK FOR 30 SECONDS!  
5 - 10 REVERSE LUNGES  
4 - 7 LUNGES  
3 - MOUNTAIN CLIMBERS  
2 - JOG 2 LAPS



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### DID YOU KNOW?

#### Video Games, Friend or Foe?

It seems our children are exposed to video games at an earlier age than the previous generation. There are certainly pros and cons to children spending hours playing these games. Video games may actually teach children high level thinking skills on one hand while too much time spent on violent games can cause children anxiety and stress.

So in the spirit of age appropriate videos and balance of time spent playing, here are some positive outcomes:

- Hand eye coordination, fine motor and spatial skills
- Accuracy
- Strategy and anticipation
- Perseverance
- Pattern recognition

Keeping a time limit and encouraging outdoor playing time will help teach balance and keep children happy.

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

### Homemade Fig Bars

#### Ingredients

1. 1 cup roughly chopped dried figs, stems removed
2. 1 tablespoon honey
3. 6 tablespoons Unsalted Butter, softened
4. 1/2 cup Sugar
5. 1 Large Egg
6. 1 teaspoon Vanilla Extract
7. 1 1/2 cups white whole wheat flour

**Preparation:** Preheat oven to 350 degrees. Place the figs in a small bowl, cover with hot water, and soak for 10 minutes. Remove the figs from the water with a slotted spoon and place in the bowl of a food processor. Add the honey and 1 tablespoon of the soaking liquid. Puree until smooth and spreadable. In the bowl of a standing mixer, or with a hand mixer, cream together the butter and sugar for 2 minutes, or until smooth. Add the egg and vanilla and mix until incorporated. Add the flour and mix until a dough forms. Roll dough between two pieces of parchment paper into two 12 x 4 inch rectangles. Spread the fig mixture on one half of each rectangle - spreading up the 12-inch side and leaving a 1/4-1/2 inch border. Bake 15-20 minutes, or until golden.

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



You are AMAZING!! Be the best you! YOU ARE WORTH IT! Here's to a FANTASTIC school year!!!