



Healthy Lifestyles

Small steps ... right direction!



Weekly Challenge: Kick City

Place a large number of soft balls in a small area. The challenge is to keep them all moving. Challenge children to kick with their non-dominant foot. Kick it to a friend? Kick between two cones? Kick through a hula hoop? Bounce all kicks off the wall?



DID YOU KNOW?

“The epidemic here is worse than previously estimated...We are blaming willpower and it’s a crime!”

The epidemic they are speaking about is obesity. This documentary is a must see for both parents and children.

<https://www.youtube.com/watch?v=aCUbvOwwfVM>

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



A NEW KIND OF FRUIT CUP

1. Fruit Cups

Use ice cream cones instead of bowls to hold cut-up fruit. Use a melon scooper to make balls of watermelon, cantaloupe, and honey dew.

* Add yogurt beneath the fruit or place a dollop of it on top to mimic the look of whipped cream.

HERE'S TO A YEAR OF
BETTER HABITS,
positive thinking,
CLEAN EATING
& most of all,
LOVING YOURSELF.

You're Invited!

Healthy Lifestyles proudly announces its 1st Health Fair! Don't miss out on the fun and games.

SAVE THE DATE

APRIL 26TH!!

