



Healthy Lifestyles

Small steps ... right direction!



Exercise Challenge:

Plank, pushup, burpee repeat 10 times.
Put it to a timer and see who wins!



DID YOU KNOW?

Are We Overdoing It?

The benefits of participating in sports include increased physical and mental health, healthy competition among peers as well as the sense of belonging by being part of a team. These are all wonderful and positive things for our children participating in sports; however, there are a number of disadvantages that should also be considered especially when it comes to sport specialization.

Children who are “sport specific” meaning they only play one sport year round run the risk of overusing their muscles which leads to injury. They also run the risk of burnout and then may lose interest all together. This happens usually all in the name of being competitive.

Children who “cross train” or play more than one sport in a year are likely to be healthier mentally, physically and emotionally and will most likely adopt exercise as a lifelong lifestyle.

YOU are amazing!! Be the best you today!!



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

BACON AVOCADO

GRILLED CHEESE DIPPERS

Ingredients:

- 4 slice – bread, whole wheat
- 2 slice cooked – (no nitrates) turkey bacon
- 2 small – mushrooms, white
- 4 slice – Organic Sharp Cheddar Cheese
- ½ medium – avocado
- 1 teaspoon – butter, unsalted

Directions:

- Roll out each slice of bread using a rolling pin; they should be quite thin.
- Crumble the bacon and dice the mushrooms.
- Place a slice of Cache Valley Muenster Cheese on each bread slice and top with smashed avocado, bacon, and mushrooms. Don't add too many toppings or it will be difficult to roll them!
- Tightly roll each slice of bread. Use toothpicks to keep them from unraveling if needed. Once the cheese melts they will hold together without help.
- Heat a frying pan over medium heat and add butter. Once hot, add dippers to the pan and brown each side of the rolls until the cheese is melted in the middle.

Thank you everyone who came out to the Health Fair during screen free week! It was wonderful to see you all have so much fun!