



HEALTHY LIVING

GET FIT TN



After hibernating in your den or on your couch all winter, let those first warm breezes of spring be a call to action. Now you can get outside to enjoy the fresh air without having to wear your mittens and earmuffs. There's no better time of year to stretch your mind and muscles -- and launch an exercise routine that will take you through the summer and into the fall. The key to developing a fitness routine that will help you reach your health and weight goals is simpler than you may have thought.

Keep it simple.

Spring days are great times to take a walk, go for a bike ride in the neighborhood or rake those left over leaves from your lawn.

Consistency gets results

Once you are in the habit of exercising, it's much more likely that you will stay with it.

When days get longer and the weather begins to warm up, it's a sure sign that spring is around the corner. After months of cold temperatures and gray skies, just about everyone looks forward to spending time outdoors taking in the sights, sounds and scents of the season. But with temperatures rising and flowers, trees and grasses beginning to bloom, it's also time to protect kids from seasonal allergies and sun exposure. Don't forget about eye protection. The lenses of children's eyes are extremely sensitive.

Kids spend most of their winter looking at nature through the window. Spring season is the first chance of the year for kids to get outdoors and really experience it firsthand.

DATES TO REMEMBER

May 4th ADA Auction Oneida Ele. 6:00 pm
 May 5th Know the Signs – Diabetes Awareness Event
 May 11th Relay for Life
 May 9th BES Sports Physicals 8:00-12 B&G Club
 May 16th FES Sports Physicals 8:00-12:00 B&G Club
 May 16th HMS Sports Physicals 12:00-2:30 B&G Club

(please see back sheet)

Activities for Outdoor Fun

Frisbee

Chances are you probably have a Frisbee somewhere in your house. Ever thought this little plastic disc could be considered a piece of fitness equipment? It's true. A basic Frisbee is a simple way to get your family moving. Throwing, catching and running are all great ways to build family fitness.

Hiking

Hiking is a great weekend activity for the whole family. Not only does it offer great cardiovascular benefits, it also gives parents and kids the opportunity to get outside and explore nature together. While they build their strength and endurance, your kids can also bolster their knowledge of local geography, plants and animals.

Jump Rope

The great thing about jumping rope is that you can do it pretty much anywhere. Jump in your living room, in the backyard, or bring the rope with you to the park, the beach, or even on vacation. Jumping rope builds coordination, endurance and strength -- and is a great way to burn calories fast.

Dreamy Chocolate Peanut Butter Fudge

Ingredients

1-18.3-ounce box Betty Crocker Fudge Brownies Traditional
 Chewy Brownie Mix
 2-Cups canned pure pumpkin
 2-Tablespoons reduced-fat peanut butter, at room temperature

Directions

Preheat oven to 350 degrees.

Combine pumpkin with the brownie mix in a large bowl and stir until smooth (batter will be very thick, but don't add anything else.)

Spray a square baking pan (9 x 9 works best) with nonstick spray and pour in the mixture. Spoon peanut butter on top and use a knife to swirl it around the top of the batter. Bake for 35 minutes. (The batter will remain very thick and fudgy, and it should look undercooked.) Allow to cool
 Cover pan with foil and place pan in the fridge for at least 2 hours. Cut into 36 squares.

Makes 36 Servings / Points Plus – 2 points per serving
 Per Serving (1 piece) 65 calories, 1g fat, 57mg sodium, 14g carbs, 1g fiber, 9g sugars, 1g protein

Any questions regarding the Weight Watchers Classes please contact Melody Chambers M-F 8am – 4pm at 663-8039 or melody.chambers@scottcounty.net



Scott County Coordinated School Health

www.scottcounty.net / Link: Coordinated School Health

