



## Nutrition Tips

**Home Plate.** As you eat your meal, start with the vegetables first and make sure you eat all of them before moving onto the other items on your dinner plate. And, learn to eat until you are no longer hungry rather than eating until you feel full. There is a big difference and it takes time for your stomach's satisfaction to register with your brain. Learning to recognize this feeling will ensure you always eat in moderation.

**A Super Food.** Radishes. These colorful roots add the perfect crunch to salads and are an excellent source of antioxidants, electrolytes, minerals, vitamins and fiber. They deliver nutritional and emotional benefits and their crunch helps relieve tension and stress. Best of all, they are easy and portable to carry as a snack all of the time.

**Go Green.** Find ways to add dark green lettuces into your meals. Add spinach to your egg or tofu scramble, layer onto your noontime sandwich, add into your turkey roll, and chop and toss into your regular salad, soups and sauces.

## Fitness Tips

**Blazing Trails.** Create a fitness trail around school, work or home. Map out a trail and then make signs and arrows to guide everyone through the path. You can add stations too, so that you can stop and do some free standing exercises to boost your heart rate. You can create stops that prompt you to do 25 jumping jacks, and 10 squats, and hold the wall sit for as long as possible, or step up and off a sturdy, stationary chair 25 times. Have others help you decide on the road bumps (exercise stations).

**Exercise, Exercise, Exercise.** Physical INactivity is now classified as the 4<sup>th</sup> leading risk factor for all global deaths, placing it tied with the risks of smoking. Physical activity is likely the single best action we can take to healthcare improvement, affects 100% of the population and is something within our control, no matter our age. Find activities you enjoy and ways that work for you to stay active every day and encourage people around you to do the same. It will improve your life.

**The Right Balance.** Balance is something we can all work on that will help us perform everyday at our peak performance. Start out slowly and work up to exercises that challenge your balance capabilities. To begin, simply stand on one foot by lifting your knee toward your chest as high as you can and hold. After you master that, take that leg behind you, lean forward and extend your arms out to the sides and get into the "airplane position". Be sure to work both sides and hold onto something if necessary.

## Health Tips

**Exercise Before Eating.** Some schools report that kids eat better if they have activity *before* lunch.

**A Helping Hand.** Work hard and give your all to everything you tackle in life. As long as you know you have done your very best, you will always feel good about what you accomplish.