

August is National Back to School Month

It seems as if summer just started, and already the time has come to grab the school supply lists. While you enjoy the last weekends of summer and prepare for the school year, be sure to keep a steady health routine for you and your family. Stay organized during this hectic time by using these tips:

1. Designate family play/relaxation time after school. This can give you a chance to catch up with your family.
2. Let your kids be involved in meal and snack preparation. They will be more excited about the meal, and you will teach them a lifelong skill. Be patient—cooking with kids can take longer and be messier!
3. Post weekly schedules where they can easily be seen. This is a simple way to view the week ahead and plan accordingly.
4. August is also National Immunization Awareness Month. It is important to have a healthy start to the school year, so be sure your kids have their medical checkups.
5. Snacks are not just for kids! Plan a healthy snack such as low-fat yogurt with granola and fruit to give you some extra protein and nutrients that will help you have more energy and stay fuller longer.
6. Take advantage of the extra free time during the summer nights and enjoy family meals together. If you can, try to incorporate family meals into the school year as well.



Recipe of the Month

Ranch Chicken

Recipe compliments of HealthyEating.org.

Ingredients

- 1 cup plain fat-free Yogurt
- ¼ cup fat-free Milk
- ½ package dry Ranch dressing mix
- 4 boneless, skinless Chicken breasts

Preparation

1. Combine yogurt, milk and ranch dressing mix. Blend well.
2. Put chicken in plastic sealable bag. Pour in yogurt mixture. Seal and refrigerate at least one hour.
3. Grill over medium flame 20 minutes or until done, turning once. This chicken is great grilled with a side of vegetables and some fruit.

Save leftovers and place over salad to create two great-tasting meals.



Photo from www.allrecipes.com.

Move of the Month



Broomstick Lifts

- * Lie on your back on a flat surface while extending arms and legs.
- * Hold a broomstick in your hands with palms facing toward the ceiling.
- * Bring broomstick over your head toward the abdomen.
- * While lifting the broomstick, bring knees in toward chest, keeping legs at a 90 degree angle. This will put you in a seated position.
- * Hold position for 2 seconds and then release to starting position.
- * Repeat these steps 10 times to strengthen core and burn belly fat.

Compliments of www.allyou.com.

