



making each day a little healthier

Nutrition Tips

Banana Crunch. Smear a scoop of frozen yogurt on two graham crackers and add sliced bananas to make a healthy snack.

Supermarket Smarts. Spend your money on juices that are fortified with Omega-3's and plant sterols. Skip juices that promise they are fortified with vitamins and minerals, fiber, glucosamine and antioxidants and take your multivitamin instead.

Who's Your Chef? Get kids involved in the grocery shopping. Let kids pick out their favorite vegetables and help prepare their choices for dinner. They will be very excited to have the whole family eating what they have chosen and prepared.

When Organic Pays Off. Organic butter is worth the higher price. It is made from the milk of cows that are fed organic feed and is free of pesticides, antibiotics, and added growth hormones, all of which can be found in conventional butter. Nonorganic butter has been ranked as one of the top 10 foods most contaminated with toxic chemicals.

Fitness Tips

A Game of Mud Tag. Invite friends or get the whole family to go outside and play tag this way: Whoever is IT has to tag all players and they get stuck in the mud. Other players can only "free" those stuck by crawling under their legs. Rotate the IT person.

Got Chalk? Turn your driveway or sidewalk into a piece of art. Get some sidewalk chalk and draw pictures or create games.

Health Tips

Leave Your Shoes At The Door. Pollen, moss and more stick to soles of shoes as you traverse outdoor areas, so if you are one of the millions of people that suffer from allergies, kick off your shoes and leave them on the front mat to avoid tracking allergens into your home. You will reduce allergy flare-ups, plus keep out dirt, bacteria and pesticides for an overall healthier home.

Skin Deep. Being healthy also gives your skin a healthy glow.

From Ear to Ear. Smile often — it'll boost your mood and encourage those around you to relax and enjoy the moments, too. Try smiling at five friends and see what happens.