



making each day a little healthier

Nutrition Tips

Tea It Up Right. Drink 4 cups of tea every day. Let your tea cool down for four minutes before drinking it. And, add a slice of lemon to increase absorption of tea's antioxidants.

A Dry Idea. Raisins are better for you than grapes. Why? When fruits are dried, their compounds are highly concentrated. Raisins have nearly three times more antioxidants than grapes, making them one of the best sources of antioxidants. Snack on 60 raisins, or one ounce, once a day for just 85 calories.

A+ Planning. Buy unsweetened applesauce. You will still get plenty of natural sweetness, but nearly half of the calories of the sweetened ones. Unsweetened applesauce has only 50 calories per half cup while sweetened varieties have about 85 calories per half cup.

How to Skin It. Eat the skin on your baked potato and all fruit that has edible skin. Don't eat the skin on your chicken.

Fitness Tips

Straighten Up. Good posture not only makes you look taller and leaner, but it strengthens your abdominal muscles, too.

No Excuses. There are 336 30-minute blocks of time in one week. Everyone can devote at least 10 minutes of each day to some kind of physical activity.

A Fresh Beginning. Find activities that interest you and each family member. Try something new. It can be a refreshing idea for anyone that is interested in looking to expand their social network and to find people that share the same interests.

An Active Party. Design birthday celebrations so that they are activity-based. You can host a bowling party, even in your own yard or at the park. You can create games or relay races that take very little equipment. Organize a flag football game. Or, go back to basics with games of tag or hide-and-go-seek. And everyone, even adults, will have fun playing kickball on an open baseball field.

Health Tips

Who Would Have Thought? The best way to remove a splinter is with an onion! Cut a small, postage-sized piece of fresh onion and place it on the padded part of an adhesive bandage. Then, wrap it around the splintered skin and keep covered all night. By morning, the onion will have drawn the splinter to the surface, making it easy to remove with a pair of tweezers.

Soothing Relief. If you have mouth sores, try this soothing relief packed full of vitamins and nutrients. Purée watermelon and put it in ice cube trays to freeze. Then suck on them. They also act as a topical anesthetic that can numb your mouth so you can eat a full meal. And the juice from the melon is just as hydrating as water.