The Benefits of Being Fit

We all know that chances are good we are not as fit as we would like to be. Here are a few reasons we might want to be a little more active to increase our fitness.

**You’ll look better.** Being physically active increases muscle tone.

**You’ll feel better.** Physical activity reduces stress and anxiety, helping you to relax.

**You’ll sleep better.** Getting some physical activity can dramatically improve the quality of your sleep.

**You’ll work better.** Being in shape helps you concentrate, focus and follow through.

**You’ll live better.** With less stress and reduced risk for serious health problems you’ll suffer less illness and disease.

So put on your walking shoes or pop an exercise video in the dvd player and get a move on!

Yogurt Popsicles

6 ounces frozen orange juice concentrate, thawed
2 cups vanilla yogurt
12 (3 oz. size) paper cups
12 wooden sticks

Mix yogurt and thawed orange juice until smooth.

Place paper cups on a baking sheet or plate.

Divide the yogurt-juice mixture evenly among the 12 paper cups.

Cover the cups with a sheet of aluminum foil.

Insert stick for each popsicle by making a slit in the foil over the center of each cup.

Freeze popsicles until firm.

When ready to serve run a little warm water over the outside of the paper cup to loosen the popsicle.

Source: Wellness Councils of America

Source: ESBA Cookbook
100% Fruit Juice or Fruit Drinks?

There is a significant difference between 100% fruit juice and fruit drinks that can impact your child’s health. Drinking 100% juice can help children and adults meet their daily fruit and vegetable goals. The 2010 Dietary Guidelines recommends focusing on whole fruits first and drinking 100% fruit juice in moderation.

There are **no added sugars** in 100% juice—just the natural sugars found in fruit, but fruit drinks are made from added sweetener and water and only 5-10% fruit juice. Read the label to be sure it is 100% juice with no added sugar.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Amount Daily</th>
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</thead>
<tbody>
<tr>
<td>Infants 6 months of age and under</td>
<td>None</td>
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<tr>
<td>Older infants (when able to drink from a cup) plus children 1-6 years</td>
<td>4-6 ounces</td>
</tr>
<tr>
<td>Children 7-18 years</td>
<td>8-12 ounces</td>
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**Note:** Juice should not be fed by bottle to small children

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Bottle Print Flowers

Make some beautiful artwork with just paper, paint, and a bottle! This would make great gift for Mother’s Day on May 10!

Materials
- Construction Paper
- Empty drink bottle
- Small plate for paint
- Paint, color of your choice

Directions
1. Tape your paper down to your work surface so it doesn’t slide.
2. Place enough paint into each dish so that it can cover the entire surface of the bottom of the bottle.
3. Take the bottom of the bottle and press into the paint.
4. Then firmly stamp it down onto the paper, ensuring each of the 5 “petals” touches the paper.
5. Stamp as many flowers in as many colors as you like.

https://jaimethecraftymom.wordpress.com/crafts/spring-crafts/soda-bottle-flower-print/