

# Where Fitness Meets Fun!

## WHERE WE GO IN STRETCH-N-GROW

### Kindness Rocks



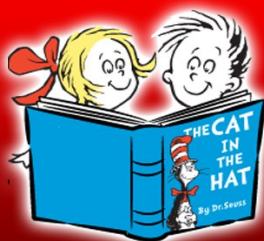
### Valentine's Day



### Wrap up warm and get outdoors



### STORY TELLING



## Make Family Fitness Fun

The Centers for Disease Control and Prevention reports that less than half (48%) of adults get the recommended amount of exercise. Sadly, the same trend has been reported for kids. As a result of the pandemic, more people—including little ones—are spending more time in front of screens.

Making fitness fun and not a chore for resistant exercisers can help families be more active. Spending time being active with your children can help you bond, strengthening your relationship as a family. By taking the time to be active naturally you're showing your kids that moving is fun while encouraging your children to embrace a more active lifestyle.



### Make your home your playground.

Turn your backyard, driveway, or sidewalk into your own playground. This is a great way to squeeze in some fun activity while dinner is in the oven. Try some of these easy at-home games:

**Play catch:** have the ball bounce first before you catch it.

**Sock Tag:** everyone places a long sock hanging out of a pocket. Then run and see who tags (grabs the socks) of the most people.

**Red light green light or Simon says:** Take turns leading.

**Duck-duck goose:** Find games kids of all ages can join in!

**Climb a tree.**

## Crunchy Hawaiian

- 6 whole-wheat tortillas
- 1½ cups broccoli slaw
- 1 cup spinach leaves, chopped
- ¼ cup crushed and drained canned pineapple
- 1 pound cooked chicken, diced
- ¼ cup low-fat mayonnaise
- ¼ cup vinegar
- ¼ cup sugar
- 1 teaspoon poppy seeds
- 1½ teaspoon garlic powder
- 1½ teaspoon onion powder
- 1½ teaspoon chili powder

**EQUIPMENT AND SUPPLIES:** Measuring cups/spoons. Knife, Bowl for mixing dressing, Whisk

### DIRECTIONS:

Prepare dressing by whisking mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder together. Set aside in refrigerator. Mix broccoli slaw, drained pineapple, and spinach. Put ½ cup of the broccoli/pineapple/spinach mixture on a wheat wrap. Top with chicken. Add 1 tablespoon dressing to each tortilla. Wrap tortillas, burrito style. Cut on diagonal. Serve immediately or refrigerate.



## MOTOR SKILLS



Crawling Running Bear Crawl



Back Kick

## YOGA POSES



Bridge Runner's Lunge Polar Bear Cat

## MUSCLES & BONES

Quadriceps / Femur  
Hamstrings / Femur  
Squats-Hamstring Curl  
Backward Leg Extension  
Cardiac  
Running