

Where Fitness meets Fun!

WHERE WE GO IN STRETCH-N-GROW

Growing a Garden



Kraffy in the Kitchen

Earth Day



Caterpillars To Butterflies



Reduce, Reuse, Recycle

Three great ways YOU can eliminate waste and protect your environment!

Waste, and how we choose to handle it, affects our world's environment—that's YOUR environment. The environment is everything around you including the air, water, land, plants, and man-made things. And since by now you probably know that you need a healthy environment for your own health and happiness, you can understand why effective waste management is so important to YOU and everyone else. The waste we create has to be carefully controlled to be sure that it does not harm your environment and your health.

What exactly is "waste?" Waste is anything we throw away or get rid of, that doesn't get used.

How can you help? You can help by learning about and practicing the three R's of waste management: **Reduce, reuse, and recycle!** Practicing all three of these activities every day is not only important for a healthy environment, but it can also be fun too.



Granola Balls

- 3/4 cup granola
- 1/2 cup mini pretzels
- 1/2 cup creamy almond butter*
- 1/4 cup dried cranberries



In a food processor, pulse granola and pretzels into medium crumb like consistency. Add almond butter and cranberries; pulse couple times until combined. Refrigerate the mixture for 20 minutes and then roll into approximately 1-inch balls. Store refrigerated in a closed container. Makes about 12-14 balls.

MOTOR SKILLS



Bending



Crunches



High Plank



Push Up

YOGA POSES



Flower



Table



Cow



Butterfly

MUSCLES & BONES

Biceps/Humerus

Bicep Curls

Deltoids & Trapezius/Clavicle

Military Press

Abdominals/Rib Cage & Spine

Prone Plank - Tummy Twist