

Cold Weather Fitness Fun...



- Clear a space somewhere in your house, basement or garage where you can dance, move and play.
- Play "animal" relays. Travel across the room and back while you act like an animal. You can play it as a guessing game (which animal am I?) or one person can call out different animals for the others to imitate. Think up different animals (hop like a kangaroo, leap like a frog, etc).
- Play "marching band" with pots, pans kitchen utensils, bells, whistles and any other "noisy" items you find around the house.
- If you have a safe, uncluttered area in your basement or garage, wheel around on scooters or roller blades (protective equipment still needed!).
- For older kids and teens: dance, do aerobics or follow along with exercise videos. If you have a video camera, put on your favorite music and produce your own exercise video!
- For older kids: develop an indoor "par course." Be creative and feature "stations" for aerobic activity (e.g. Jump roping, running in place for 5 minutes, or aerobic dancing), strength training (canned goods work well as "weights"), and stretching.
- On snowy days, bundle up and go outside! Sledding, sliding, building and other snow play is great exercise!

*Source: www.nutritionforkids.com

January resolves to be ...

- National Blood Donor Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month
- Winnie the Pooh Day (18th)
- Popcorn Day (19th)
- Chocolate Cake Day (27th)

Brain Buzz



Q: How did soup get its name??

A: The English word "soup" comes from the Middle Ages word "sop," which means a slice of bread over which roast drippings were poured. The first archaeological evidence of soup being consumed dates back to 6000 B.C., with the main ingredient being Hippopotamus bones!

*Source: www.4kidsnus.com



Recipe Corner First Meal Flap Jacks



You'll flip for these!

Ingredients:

- 4 1/2 teaspoons baking powder
- 3 cups unbleached all-purpose flour
- 3 teaspoons baking soda
- 2 cups whole wheat or oat flour, or a combination
- 1 1/2 teaspoons salt
- 1 cup whole-grain cereal
- 1 cup cornmeal (preferably stone ground, with a bit of crunch)
- 4 tablespoons wheat germ (optional)
- 1 tablespoon sugar (optional)
- 1 egg
- 1/2 cup milk
- Colorful dried fruit of your choice for confetti

Directions: Remember to wash your hands!

1. Mix all ingredients except fruit
2. Spoon the mixed batter into a heated skillet in the form of the numbers in "2009."

Tip: Serve the pancakes with diced-fruit confetti for a festive presentation.

** *MAKES 6 SERVINGS*

*Source – www.familyfun.com

