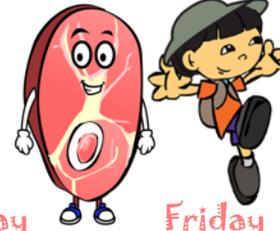




April 2016



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Pick lean meat for a healthy heart



1
Avoid bacteria by buying foods that need to be refrigerated last

2
Celebrate your family's success. Even little ones add up

3
Avoid foods that are breaded and deep-fried. They are high in fat and calories.

4
Plan a meal around veggies, whole grains and beans instead of meat for one day.

5
If your 4 year old gets 4 tablespoons of protein, he has met his daily protein needs.

6
All movement counts; Teach the kids to take the stairs instead of an elevator today.

7
Take the kids to your local high school this weekend and run relay races around the track.

8
Pick a new fruit to try this week.

9
Doctors recommend a full 7 or 8 hours a night. Kids need more sleep.

10
Teach your kids to set down the remote and get up to change the channel.

11
Trying new foods will help your child become a good eater.

12
You are your child's best advertisement Have fun with nutrition!

13
Try to include something from all the food groups.

14
Teach your kids to love walking!

15
Make a shopping list of all the foods you need and have your kids help.

16
Set out a bowl of veggies with a low fat dip for healthy kid snacking.

17
Walk in the park, plant a tree, start your own garden.

18
Keep the total calories down by choosing baked chips instead of regular potato chips

19
If your child can't drink non-fat or 1% milk, try soymilk with calcium.

20
Introduce kids to games that teach them about being healthy.

21
Play a simple game with the kids. Remember tag. Its fun and very active!

22
It's Earth Day! Teach the kid to recycle!

23
Build stronger muscles, bones and tendons with activities like jumping,

24
Try bowling, the batting cage or miniature golf for some family fun.

25
High fiber foods include beans, whole grain breads and fresh fruits and vegetables.

26
Kids are more likely to eat fruit that is already cut up.

27
Find a bread that is high in fiber but lower in calories by using food labels.

28
Have your child hum the entire alphabet song while brushing to get clean teeth.

29
To make pancakes even healthier, try the whole-wheat pancakes.

30
Celebrate YMCA Healthy Kids Day! Be Active.

