



**April's
\$100.00
Winner**

Judy Nietling

National Physical Fitness And Sports Month

Regular physical activity is good for everyone's health and people of all shapes and sizes can be physically active. **Children and adolescents** will benefit from improved muscular fitness and better bone and heart health. **Adults** can lower risk of heart disease, type 2 diabetes and some types of cancers. **Older adults** can lower the risk of a fall and improve their cognitive functioning.

May is the perfect time to renew your commitment to a healthy, active lifestyle. With the weather warming up, it is a great time for children and families to get outside and play together! Research shows that when children are physically active, they achieve higher grades, have better attendance and their behavior improves.



Protection For FUN In The Sun!



Since we are promoting that you and your family spend more time outside being active, we will also promote protection for your skin from the sun's damaging rays. Sun protection should begin in infancy and continue throughout your lifetime. It is estimated that we get about 80% of our total lifetime sun exposure in the first 18 years of life and overtime increases your risk for skin problems such as skin cancer. Here are a few ideas to help you take action to protect you and your children from the sun's harmful rays.

- * Stay indoors or in the shade during the hottest time of the day -9am-1pm.
- * Wear a hat or visor and loose cotton tee shirts to protect your skin.
- * Apply sun block with SPF of 30 or higher and reapply after being in the water.
- * Wear sunglasses to protect your eyes from UV rays and help reduce the risk of cataracts.
- * Stay away from the tanning booth to prevent premature skin aging like wrinkles and age spots. Indoor tanning is particularly dangerous for younger users; people who begin indoor tanning during adolescence or early adulthood have a higher risk of getting.

Here is a recipe for a snack that passes as healthy but tastes good enough to replace your dessert!



1/2 c. creamy peanut butter
1/3 c. honey
1 tsp vanilla extract
1 c. old fashioned oats (raw)

2/3 c. sweetened shredded coconut (toasted & cooled)
1/2 c. ground golden flaxseed meal
6 Tbsp mini chocolate chips

In a mixing bowl, stir together peanut butter, honey and vanilla extract. Add remaining ingredients and stir until evenly coated. Transfer mixture to the refrigerator and chill until set. Remove from refrigerator and shape into 1-inch balls. Store in refrigerator or in an airtight container.