



COLONIAL NEWS

Health Committee Newsletter

March 2017

The Fifth Edition

Welcome to the Albert Gallatin School District Health Committee's monthly newsletter. Each month this publication will provide our district with health and fitness information. Our goal is for our students, families, and staff to use this information to make healthy decisions and to live a healthy active lifestyle.

Recipe of the Month: Strawberry Pineapple Chicken Bites

"This is a great little appetizer to get your guests started before your meal. Depending on how many guests you're having, you might want to double the recipe."

Ingredients

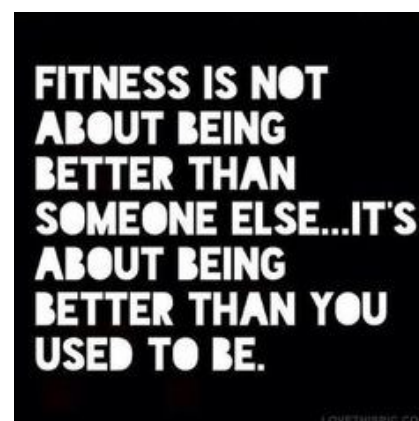
- 2 tablespoons olive oil
- 2 pounds skinless, boneless chicken breast halves - cut into small chunks
- 1 (12 ounce) jar strawberry preserves
- 1 (8 ounce) jar chili sauce
- 1 (8 ounce) can pineapple chunks
- 1 dash salt
- 1 dash ground black pepper

Toothpicks

Directions

1. Heat the olive oil in a skillet over medium-high heat, and cook the chicken chunks 5 minutes, until browned on all sides. Reduce heat to medium, and pour in the preserves and chili sauce. Cook, stirring occasionally, 10 minutes.

Mix the pineapple chunks into the skillet. Season with salt and pepper. Continue cooking 2 minutes, until heated through. Serve with toothpicks.



Fitness Tip of the Month : Functional Fitness

Today is the **JUST**
chance to change **DO**
yourself for the better. **IT**

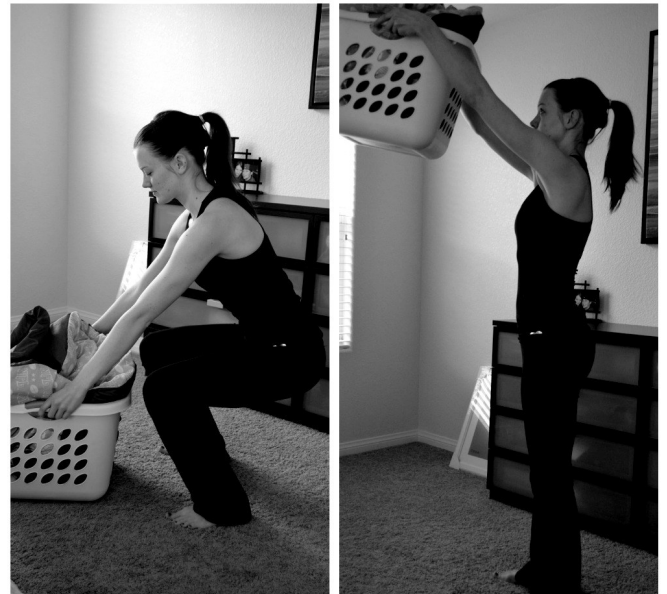
Laundry Basket
Squats
Squats
Laundry Basket

What is Functional Fitness: Functional fitness is exercises that help with daily activities. These physical activities require minimal equipment. Most of the time the equipment you use for these activities you can find around your house.

What are the benefits of Functional Fitness: The benefits of functional fitness are that all movements and exercises are normal movements that you use during normal household chores. It also helps with balance and mobility, flexibility strength and helps with preventing falls.

Example: Laundry Basket Squat.

Get laundry basket with clothes in it. Using a good squat form, bend at the knees and keep your back flat without your knees going over your toes. Pick the laundry basket up using only your legs and not your back. You can either lift it over your head or keep it at chest level. You can do 3 sets of 15. This builds the muscles that you use during everyday chores.



Reading is to the mind what
exercise is to the body.

Joseph Addison

TRY AND FAIL
— but don't —
FAIL TO TRY