



COLONIAL NEWS

Health Committee Newsletter

February 2019

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.

FEBRUARY IS HEART AWARENESS MONTH & AWARENESS SAVES LIVES



You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- Get active and eat healthy.

American Heart Association weight gain prevention tips:

- Adults should get 150 minutes or more of moderate-intensity physical activity per week.
- Even short 10 minute activity sessions can be added up over the week to reach this goal.
- Kids and teens get at least 60 minutes of moderate activity per day.

Heart Healthy Snacks

- Popcorn
- Dark Chocolate
- Yogurt
- Fruits (apples, bananas, whatever your HEART desires)
- Nuts & Raisins
- Low fat string cheese
- Hard boiled eggs
- Oatmeal



Peanut butter cup overnight oats

Ingredients

2 and 1/2 tablespoons creamy peanut butter

1/4 teaspoon vanilla extract

Pinch of salt

1/4 cup low-fat vanilla yogurt

1/3 cup unsweetened almond milk, or sub another milk

1/2 cup old fashioned oats

1/2 - 1 tablespoon cocoa powder, to personal taste preference (or sub sugar-free chocolate pudding mix, dry)

1/2 teaspoon truvia, or sub another sweetener (Note that 1/2 teaspoon truvia is equivalent to 1 tablespoon white granulated sugar)

Optional: dark chocolate chips

Instructions

In a small bowl, combine the peanut butter, vanilla extract, and salt. Microwave for 10 seconds, stir for 10 seconds, and microwave for 10 more seconds.

Add in the yogurt, milk, oats, cocoa powder or dry pudding mix, and sweetener.

Stir well and make sure the peanut butter is mashed in thoroughly.

If desired, add in dark chocolate chips.

Transfer the mixture into a small jar or sealed container.

Place in the fridge for at least an hour or until oats are completely softened.

“If you never try, you’ll never know what you are capable of.”—John Barrow



Simple Leg Lunge

1. Begin standing with feet hip distance apart.
2. Reverse lunge: step foot back.
3. Forward lunge: step foot forward.
4. Hands can be at side, holding weights or barbell.
5. Step leg about two feet from stationary leg.
6. Do not allow knee to move forward over toes.
7. Push through heel to come back to standing and repeat

