



COLONIAL NEWS

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.



1. Jumping jacks
2. One foot hops
3. Criss-Cross feet
4. Squats
5. Lunges
6. Sit ups
7. Push ups
8. Planks
9. Running
10. Walking

Sheepskin Trail

South Union Township Portion is a 3.7 mile lightly trafficked out and back trail located near Brownfield, Pennsylvania that features beautiful wild flowers and is good for all skill levels. A beautiful, easy hiking/biking trail that passes through parks and a golf course. Paved the entire way. Plenty of parking at trail head (Hutchinson Ball Field) and some parking at trail end (Barton Row Road).



Health Benefits of Dark Chocolate

1. Lowering blood pressure
2. Stimulating endorphin production
3. Improving mood, easing stress and depression
4. Slowing aging
5. Fighting cancer
6. Preventing oxidative stress and damage from free radicals
7. Treating and preventing cough
8. Enhancing vision and eye health
9. Boosting heart health, preventing stroke

From Naturalsociety.com/the-health-benefits-of-chocolate

Recipe of the Month

Microwave Coffee Mug Eggs

Scrambled eggs ready to eat in 2 minutes with less mess, less stress and the same delicious fluffy scrambled eggs you get from cooking on the stovetop.

Servings: 1
Prep Time 1 minute
Cook Time 1 minute
Total Time 2 minutes

Ingredients

- 2 large eggs
- 2 Tbsp milk
- 2 Tbsp shredded cheddar cheese (optional)
- salt and pepper to taste

Instructions

1. Spray a 12 oz. coffee mug with cooking spray or grease with butter. Add eggs and milk to mug and stir with a fork or whisk until well blended. Microwave mixture on high for 45 seconds then stir. Microwave again for 30 - 45 seconds longer until eggs are cooked through. Immediately sprinkle with optional cheese and season with salt and pepper to taste. Serve warm.
2. Adapted from [Incredible Edible Egg](#)

From Cookingclassy.com

