

# April Family Newsletter



## Choosing Healthy Habits Planner Theme: Outdoor Eating & Physical Activity

On average, youth spend more than 53 hours a week using screens, which results in less time for **physical activity**. According to national guidelines, children and adults should participate in 60 minutes of **physical activity** a day. Building stronger muscles is one benefit of being physically active for 60 minutes every day.

\*Check out page 129 in the *Choosing Healthy Habits* planner for more on limiting screen time and physical activity.



## National Healthy Habit Celebrations

- ✓ National Garden Month
- ✓ Public Health Week (April 6-10)
- ✓ Soy Foods Month



## Virtual Learning Resources

HealthMPowers is providing virtual learning resources for families to improve healthy eating, handwashing and physical activity behaviors to improve health and fitness.

**Check it out!**

[www.healthmpowers.org/services/resources/](http://www.healthmpowers.org/services/resources/)

## Harvest of the Month: Strawberry

### Fun Facts

- ✓ About eight large strawberries is equivalent to 1 cup of fruit.
- ✓ Strawberries are great sources of potassium (*muscle function*), folate (*body cells function*) and vitamin C (*healthy immune system*).



### Buying Tips

- ✓ Choose shiny, firm strawberries with a bright red color and fresh green caps.
- ✓ Store strawberries in the refrigerator for 1-3 days and wash just before use.

## Strawberry Lemon Mint Infused Water

### Ingredients:

- 3 cups water
- 2 lemons, sliced
- 5-7 strawberries, sliced
- 10 mint leaves
- 4 cups ice (*optional*)



### Instructions:

1. Wash fruit and mint leaves.
2. Place **strawberries**, lemons and mint in a pitcher.
3. Pour water over ingredients.
4. Chill or serve with ice.

\*For stronger flavor, muddle all of the ingredients together.

\*Makes 4 servings. For more information click here!