

Week 6

Did you Know?

Yoga has been around for a very long time—more than 5,000 years!

Breakfast : Start your day in a healthy way

You've heard it before, don't skip breakfast. Well, it really is true! Thinking you will save calories by skipping breakfast is not a good way to start your day. Breakfast gives you a needed boost of energy to start your day, and helps to ward off hunger later in the day.

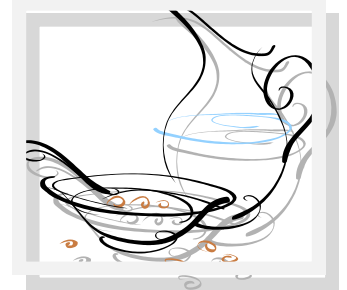
Adults who eat breakfast regularly consume larger amounts of

vitamins and minerals, have better control of their weight, and consume less fat and cholesterol (source: www.mayoclinic.org).

There are many ways to make your breakfast more healthy. Try making an omelet with more veggies and less meat and cheese. Slice up some fruit and add it to whole grain oatmeal. Try to add foods from all of the

healthy food groups, such as fruit, veggies, whole grains, and dairy.

Starting your day with a healthy breakfast is one great step to being more healthy this summer!



Activity of the Week : Yoga

Yoga is a wonderful way to exercise this summer. Yoga helps with strength and flexibility, and helps to relieve stress.

What is Yoga?

Yoga is a form of exercise that includes breathing, exercise, and meditation. Rent a yoga DVD or find a class near you. Give it a try!

