



HEALTHY LIFESTYLES CLINIC

March 15, 2016

Easter Basket Tips

Just like with any other holiday, it is good to make sure that you are still encouraging healthy choices with your kids. Some substitutes for candy can include stickers, art supplies, or temporary tattoos. Let the hunt begin!



The Pros of After-School Care

After-school programs provide a great environment for increased physical activity and structured snack times.

A recent study found that these programs provide a space where students can engage in more vigorous activity than they normally would. Also, the structure of the program aims to cut out boredom, a known cause of unnecessary snacking. These regular actions become habits and routine, and are a great way to teach your child how to choose a healthy lifestyle.

Spring Sports



As the weather becomes warmer your child will have many more opportunities to engage in spring sports, whether it is through his or her school or through a club. You can also become more involved by joining an all-ages team with them, or by helping out with their team. Spring sports offered at school include:



Baseball, Golf, Lacrosse, Softball, Tennis, and Track

