



Stretch's Corner for Kids

WAYS KIDS CAN STAY FIT

Recipes

AWESOME APPLESAUCE!

- Ingredients**
 1 red apple
 1 tbsp. lemon juice
 1 tbsp. sugar
 1 pinch of cinnamon
- Instructions**
 1. Have an adult peel the apple and cut it up into small pieces – throwing away the core.
 2. Put the apple pieces and lemon juice into a blender or food processor. *(get an adult's help to assist you with this).* Blend until mixture is very smooth.
 3. Pour mixture into small bowl and stir in sugar and cinnamon.
 4. Enjoy your Awesome Applesauce!

APPLE LADYBUGS

- Ingredients**
 1 red apple
 (sliced in half with core removed)
 1/8 cup of raisins
 2 teaspoons of peanut butter
 4 thin pretzel sticks
- Instructions**
 1. Place cored-apple half flat side down on a small plate.
 2. Dab peanut butter on the back of the "lady bug." Then stick raisins on the dabs for "spots." Use this method to make eyes too.
 3. Stick each one of the pretzels into a raisin, then press the other end into the apples to make antennae.
 4. Enjoy!

MARCHING TO MONTANA
 Instead of watching Hannah Montana, why not walk to Montana? Well, not literally! Estimate the distance from Lawrence to a town in Montana and then start your trek. Walk a certain amount each day and chart it in a Walking Log. If your grandparents are near, involve them. On your walks, you'll find out a lot of things about your grandparents - like what they did for fun when they were your age. Once completed, celebrate with a healthy snack.

TURN IT OFF AND MOVE IT - FIVE AROUND THE BLOCK
 Get the neighborhood together and get movin'. Pick an evening during the week and get the other neighborhood kids together and take five - five laps that is - around your block. Walking together can be fun. Your parents may even want to join your parade - just make them walk in the back!

ANTS ON A LOG

- Ingredients**
 4 cut pieces of celery about 3 1/2 inches
 1/8 cup of peanut butter
 1/8 cup of raisins
- Instructions**
 1. Spread celery with peanut butter.
 2. Sprinkle with raisins
 3. Enjoy!

POOCH PATROL
 Instead of sitting on the couch, bored out of your mind, take Fido out for some exercise. Fido likes fresh air too. Make sure you take some baggies just in case Fido has to go. You don't like to find "surprises" in your yard when you're running around and neither does your neighbors.

PICK UP THE YARD CONTEST
 One way to stay fit is to find activities where you move up and down a lot. If you have several large trees in your yard, you probably have sticks and

twigs that have fallen during a storm or after the Kansas wind has blown hard. Invite your friends over and see who can pick up the most sticks. They just might be gullible enough to help you get your chores done before your parents realize how inventive you are! Or when your family does yard work, make a contest out of picking up the sticks or leaves. The person with the most piles wins. The winner gets to choose what family game is played - baseball, hide & seek, bike ride, etc.

CYCLE POWER!
 If your parent likes to jog, see if you might tag along following on your bicycle. This will provide you time alone with a parent. Sometimes, your parent might think the runs are shorter because you're along, not that you talk the entire time, but that you keep them going at a quick pace.

HOMEWORK BREAK
 Take breaks from your homework by taking a quick run around the yard. Create some bases in your yard and take five laps around it as a sort of obstacle course. Or spend 10 minutes jumping rope, doing jumping jacks or other exercises. This will help you refocus and clear your mind to tackle that huge math problem that is staring you in the face.

Stretch's Word Search

N E R S U B C T H S
 O P C F T T E F C H
 I H A O I B L H T G
 T E L B A T E G E V
 R A O T B S N T R E
 O L R F O E T E T E
 P T I G R A I N S B
 E H E T N U F N L S
 L Y S F E I I Y U R
 C E L R E T Y T F U

Can you find these words in the puzzle?

- | | | |
|-----------|---------|---------|
| fitness | fun | healthy |
| strength | stretch | fruit |
| vegetable | grains | portion |
| calories | | |