

In Top Form!



National Sleep Awareness Week

March 3rd–9th

A reminder for us all to get a good nights sleep!

- * Try not to exercise more than than 5 hours before your bedtime.
- * Relax before bedtime—listen to music, read, or take a bath to unwind before going to bed.

DON'T FORGET! *SPRING FORWARD* on March 9th for Daylight Savings. Get to bed early, because you're going to lose an hour of sleep!

National Nutrition Month

Keep in mind the "GREEN" theme! St. Patrick's day and National Nutrition month makes it a perfect time to implement some green vegetables and fruits into your daily diet! The produce department can be very intimidating, a way to keep it simple is to try one new item every week! Many fruits and vegetables contain vitamins that aid in boosting our immune system, which improves our overall health. Here are some ideas for fruit and vegetable choices. Look up these items on the web for nutritional value and how to prepare or utilize in recipes!



Vegetables:

Artichoke
Asparagus
Bell Peppers
Broccoli

Brussels Sprouts

Cucumbers
Green Beans / Peas
Greens (Turnip, Collard)

Kale

Lettuce (darker leaf)
Okra
Spinach
Zucchini

Fruits:

Green Apples
Grapes
Kiwi / Pears
Honeydew

Kids Corner



Craft Project Fun



Kids will get a kick out of this fun Easter card craft project. It's an Easter egg when closed and turns into the Easter bunny when opened!

Materials:

- 2 sheets of pink construction paper or card stock
- 2 metal brads
- Various markers or crayons
- Pencil ▪ Scissors

Cut 2 ovals (exactly same size) from the pink paper. On one oval draw and color a bunny face. On the other oval write Happy Easter and color to look like a decorated egg. Cut the egg oval in half lengthwise. Place the two halves over the bunny face. Punch a small hole in the top corner of each half and secure with brads. Write something on the back and give to someone you care



Did you know?

Although Saint Patrick's Day has the color **green** as its theme, one little known fact is that **blue** was once the color associated with this day!