



## February Healthy Living

Click [HERE](#) to see the Healthy Living Challenge video for this month!

Each month is a new chance to get healthy and win a gift card to help you make healthy choices all year long. Here's how it works, each month I will give you a new Healthy Living Challenge.

As you complete the challenge.

**This month's Healthy Living Challenge is for you to create a one line rap telling how you stay healthy! Send your mini rap to: [eusticehome@gmail.com](mailto:eusticehome@gmail.com) along with your name.**

You will be featured in the following month's flier as a *Healthy Living Challenger* (see following page) **and** you'll be entered in the monthly drawing for a \$10 gift card to a business that has healthy choices! The February winner will be announced at the March club meeting. The more monthly challenges you complete through the year, the more chances you have to win and to keep making healthy choices every day!

**Entries are due by March 4th**



## February Healthy Living Recipe

There are all kinds of fillings for wraps. You can make them cold or warm and simple or spicy. Here are a few healthy veggies to inspire you.

Spinach- Want strong bones? Spinach has calcium and vitamin K for healthy bones!

Carrots- Want to see in the dark? Okay not really, but carrots are great for eye health!

Chickpeas (hummus)- Meatless Monday? Chickpeas have lots of protein so you won't miss the meat!

Mushrooms- Winter days giving you the blues? Mushrooms are the only produce to supply vitamin D!

Bell Pepper- Aches and pains? Bellpeppers help reduce inflammation!

Cucumber- Winter chill drying you out? Cucumbers are naturally hydrating!

Cabbage- Tired of oranges? Cabbage is also high in vitamin C to keep you healthy!

Avocado- Feeling sluggish? Avocados boost brain health!

Tomato- Feeling the LOVE? Tomatoes have lycopene to keep your heart healthy!



THAT'S A WRAP!

## January's Healthy Living Challengers!



Hunter and Tucker Moraida