

## January Healthy Living



Click [HERE](#) to see the Healthy Living Challenge video on goal setting 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, send your HITT workout photo 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 January winner will be announced at the February 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 February 5th**



### **January Healthy Living Recipe**

Looking for a healthy start to the New Year?

#### ***Basic Smoothie Recipe:***

*2 to 3 parts fruit or vegetables (2 to 3 cups)*

*1 to 1 1/2 parts liquid (1 to 1 1/2 cups)*

*1/2 part yogurt or another thickener (1/2 cup)*

Oat Milk- Need more fiber? Oat milk has fiber to give you a healthy gut!

Coconut Yogurt- Got bacteria? Yogurt has lots of good bacteria to keep you healthy!

Avocado- Always feel hungry? Avocado helps you feel full longer!

Banana- Have P.E. today? Bananas help your muscles recover after exercise!

Blueberries- Want to be stronger? Blueberries give your muscles strength!

Strawberries- Have sick friends? Strawberries have vitamin C and help you not get sick!

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

Peanut Butter- Have a test today? Peanut butter helps improve memory and concentration!

Dark Chocolate- Want an excuse to eat chocolate? Chocolate keeps your heart healthy!

Cinnamon- Feeling nervous about something? Cinnamon reduces anxiety!

Chia Seed- Cold and Flu season? Chia Seeds help your body fight viruses off!

Honey- Having bad allergies? Local Honey to the rescue!

## December's Healthy Living Challengers!

My goal is to walk my pig every day but Tuesday and Thursday. I will start with teaching it to walk back and forth by my fence. Then I will walk it around. I want to be ready to show my pig at the fair.

Tucker Moraida

My goal is to hit balls farther in my baseball games. I will start each morning by waking up 15 minutes earlier to do sit ups and push ups. I will increase how many sit ups and push ups I do each week. I want to see improvement by my first tournament at the end of February.

Hunter Moraida