

# September 2024

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## Ditch the Screen

Can you put aside your screen for a WHOLE day? Everyone (from toddlers to grandparents) spends too much time on phones, video games, computers, TVs, and tablets. Make a list of things you can do, preferably outside, and challenge yourself to spend your Saturday screen-free.

## Weekly Meal Planning

Take some time on Sundays to sit down with the family and plan out your meals for the week. This will allow you to be better prepared for the week and help to ensure that you are creating a healthy meal. As you plan, make sure to include all of the food groups into your day and really try to get 5 servings of fruits and veggies. Once you have your plan done, do some food prep by chopping fruits and vegetables, pre-making foods that you can and getting out anything from the freezer that you will need this week.



## Better Breakfast

As the back-to-school season starts, having a nutritious breakfast is essential. Each Tuesday this month, try a breakfast recipe packed full of nutrition. Click on the links to try some fantastic recipes.

- [Banana Pancakes](#)
- [Blueberry Banana Smoothie](#)
- [Simple Breakfast Pizza](#)
- [Apple Cinnamon Muffins](#)
- [Bento Box Breakfast](#)

## Super Snacks

Every Thursday this month, try a new snack packed full of nutrition after school.

- [Peanut Butter and Banana Roll up](#)
- [Apple Granola Stacks](#)
- [Ants on a log](#)
- [Energy Bites](#)

## Yoga, Stretch, Pilates

Yoga, Pilates and Stretching are all great ways to lengthen muscles, build strength, and improve balance. Take time on Wednesdays this month to slow down, breathe and give your muscles a different kind of workout.

## Football Fridays

Back to school also means back to football games! Try these drills that many football teams use in practice. Start with 20 seconds of each exercise followed by 10 seconds of rest before going onto the next exercise the first week. Increase your time to 25 seconds the second week, 30 seconds the third week, 35 seconds the fourth week and 40 seconds the final week.

[High Knees](#) [Toe Touch](#) [Straight Kicks](#)

[Jumping Jacks](#) [High-Knee](#) [Walking Lunges](#)

[Backward Walking Lunges](#)

## Move it Monday

Mondays in September are a time to focus on staying active. Now that the kids are in school, there may be less time to get active together as a family, but it is important to keep up that daily movement. Pick an activity to do for 30-60 minutes by yourself or with friends or family. Your body will thank you when it is strong and able to do the things you want to do!

Ideas: Dancing, Walking, Hiking, Running, Riding a Bike, Obstacle Course, Jumping Rope