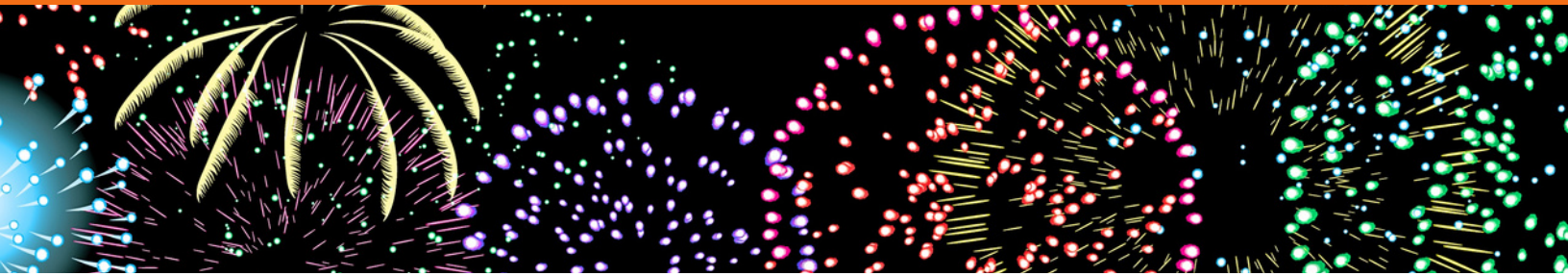


hapitimes



Welcoming the New Year

We made it through another challenging year and hope that 2022 is a happy and healthy one!

TIPS FOR A HEALTHY 2022

Eat Healthy: Eat a balanced diet and reach for healthy options like fruits and vegetables instead of salty or sugary treats.

Move More, Sit Less: Adults should get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities 2 or more days a week. Kids 6-17 years-old should get 60 minutes or more of moderate-to-vigorous intensity physical activity each day, plus activities that strengthen bones (like running or jumping) and build muscles (like climbing or doing push-ups) 3 days each week.

Rethink Your Drink: Substitute water for sugary or alcoholic drinks to reduce calories.

Unwind and Connect With Others: For stress relief, take deep breaths, stretch, meditate, or do an activity you enjoy. Talk with people you trust about how you're feeling and express gratitude.

Prioritize Sleep: Adults need at least 7 hours of sleep per night; preschoolers need 10-13 hours (including naps); kids 6-12 need 9-12 hours; teens need 8-10 hours. For a healthier sleep, be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.

Be Sun Safe: Wear layered clothes and apply broad-spectrum sunscreen with SPF 15 or higher. Even in cold weather, the sun can damage your skin.

Get Your COVID-19 and Flu Shots: Get vaccinated for the flu and COVID-19 (including a booster shot).

Source: www.CDC.gov

HAPI meals

Apple Sandwiches

Ingredients

1 medium apple
2 tablespoons peanut butter
1 tablespoon raisins

Instructions

Wash hands with soap and water.

Cut apple in half from the stem down and lay each half cut side-down on a cutting board. Slice each half into 6 half-round slices and cut out the core.

Spread 1/2 teaspoon peanut butter on one side of each apple slice.

Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.

Continue with remaining apple slices.

Options

Sprinkle the peanut butter with grated carrot, chopped nuts, seeds or granola instead of, or along with, the raisins.

Try other nut or seed butters, such as almond, hazelnut, or sunflower seed.

Use other dried fruit pieces, such as cherries or cranberries.

Recipe from www.myplate.gov

wise words

"Start where you are. Use what you have. Do what you can."

—ARTHUR ASHE

inside Village Green

December brought beautiful holidays and fun activities to Village Green!

A special thanks to all the participants who joined the holiday celebration and participated in activities:

- Ornament decorating
- National continuing Human Rights Day & discussion
- ESL classes
- National Brownie Day

Diciembre trajo actividades divertidas a Village Green durante la temporada festiva. Un agradecimiento especial a todos los participantes que se unieron a las celebraciones de la temporada.

- Decoración de adornos
- Día Nacional de los derechos humanos y debate Clases de inglés
- Día Nacional del brownie

For January, we look forward to bringing in the new year with lots of energy and setting a strong foundation for healthy habits throughout the year.

Para el mes de enero, esperamos empezar el nuevo año con mucha energía y establecer una base sólida para hábitos saludables durante todo el año. Como siempre, te recomendamos ver el calendario de actividades del mes.



Aynn, Jazelle, Felix.



Melanie.

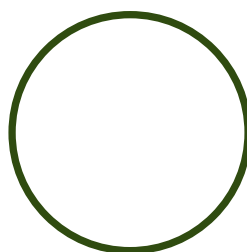
HAPI tips

Morning Tips to Start Your Day

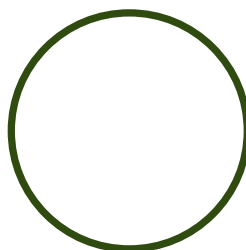
- Drink water.
- Eat a healthy breakfast.
- Spend time outside, in natural light.
- Exercise, or at least stretch.
- Make time to meditate, listen to music, read, or enjoy a favorite activity.
- Give yourself enough time so you don't have to rush.

Good Health Drawing Activity for Kids

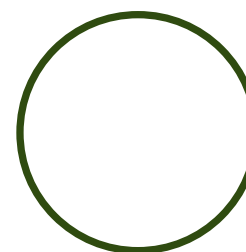
My favorite 3 fruits and vegetables: _____



How I like to spend quiet time: _____



My favorite way to exercise: _____



My favorite place in nature: _____

