



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Happy Thursday!

Staying mentally as well as physically fit can sometimes be a challenge but here at the Y we fully support a strong spirit, mind and body. Today's post is going to cover a little bit of each.

Are you possibly feeling a bit exasperated with the kiddos trying to keep them constructively occupied or just trying to get them to listen? "The quickest way for a parent to get a child's attention is to sit down and look comfortable". ☺

I hope that lifted your spirit a bit. It's a fact that kids who are actively helping out in the kitchen by pitching in during meal times or helping prep fun snacks tend to be less picky and are willing to try different foods. Check out our tasty, healthy snack recipe of the day!

Today's exercise segment definitely touches on spirit-mind and body. Enjoy some relaxation with Y 360 yoga.

And to lighten things up, here are some good jokes of the day!

Why is Peter Pan always flying? He never lands.

The other day my wife asked me to pass her lipstick but I accidentally passed her a glue stick. She still isn't talking to me.

Stay healthy and positive,

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