


COACH LESLIE's JUNE TIPS for HEALTH and FITNESS

Topic: Eating Well and Feeling Good

It is not fun or healthy to worry about how much you weigh, how much you eat, what you look like, and if you are thin enough. Use the following tips to be healthy, fit, fun, and feel good.



- Eat slowly, chew food thoroughly, and stop eating when you are full.
 - Eat a lot of different foods, especially fruits, vegetables, and sandwiches (think a rainbow of colors from your food).
 - If you are bored, sad, or mad, find an activity to do or talk with someone instead of eating.
 - Exercising and staying active allows you to do more activities and feel healthier, no matter what you weigh or how you look.
 - Great health, having fun, and feeling good about you all work together. Find different hobbies that you enjoy doing or are good at and get involved.
 - Healthy bodies and happy people come in a variety of shapes and sizes. No one body shape or body size is the right one. We are all different. Love and respect yourself.
 - Find a sport or activity that you enjoy doing and perform it as much as you can.
 - Join a team or club with friends and have fun with different activities.
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- Do not tease people about being overweight, too skinny, or different in anyway. We are all unique and special. Teasing is mean and does not help anyone.
 - Don't diet! Eat a variety of foods and exercise.
 - Being "thin" is not the same thing as healthy and happy. Exercising, laughing, loving and enjoying life are the keys to a great life.
 - Appreciate and respect yourself for who you are. There is no one else on this planet like you. You're unique, special, and amazing! Give yourself a big hug every day.

Tips for Healthy Snacks

The American Heart Association suggests healthy snacks to help curb hunger pangs, provide energy, and prevent weight gain or sluggishness from junk food. Following are some healthy snacks tips:

- **Keep healthy munchies around:** whole wheat breads, low-fat cheese, yogurt, veggies, and nuts.
- **Keep crunchies on hand:** apples, pears, celery sticks, popcorn, and carrots are all good choices to carry around with you.
- **Quench your thirst with hot drinks:** hot tea, warm milk, apple cider, hot cocoa, and warm water all help keep you satisfied.
- **Choose natural beverages:** plain water, natural 100% juice drinks, tomato juice, or other low-sugar choices are the best to satisfy thirst.
- **Eat nuts instead of candy:** dark chocolate is the best chocolate, keep it a small serving. Almonds, walnuts, and cashews are good nuts to snack on.



Exercise of the Month: Body Weight Squat

- **How to Perform the Squat and Avoid Injury:**
 - Feet shoulder width apart, hands behind head with fingers locked.
 - Lower body until top of thighs are parallel to the floor.
 - Maintain an erect body position with chest up and eyes forward.
 - Keep weight over the middle of the foot, not on toes.
 - Keep heels on floor (lift toes to assist sitting back on heels).
 - Keep knees aligned over foot (knees should not pass toes).
- **Muscles Worked:**
 - Gluteus Maximus and Medius: “the butt”
 - Quadriceps: “front of the legs above knees”
 - Hamstrings: “back of the legs above knees”
- **How Many and Where:**
 - Start off with 10-15 Repetitions and do 2-3 Sets
 - Rest :30 seconds in between sets
 - Can do the Squats anywhere!

