

May Family Newsletter



Choosing Healthy Habits Planner Theme: Physical Fitness & Sports Nutrition

May is **National Physical Fitness and Sports Nutrition** Month. Challenge your families and community to get moving and active! Strive to eat more fruits and vegetables by incorporating them into everyday meals. Enjoy the nice weather and participate in an outdoor physical activity to move more and sit less!

*Check out page 141 in the *Choosing Healthy Habits* planner for more on physical fitness and sports nutrition.



National Healthy Habit Celebrations

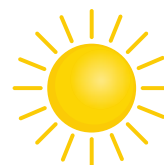
- ✓ National Bike Month
- ✓ National Physical Education and Sport Week (May 4-8)
- ✓ National Salad Month
- ✓ National Salsa Month



Be SMART This Summer!

Challenge yourself to be more physically active and to eat more fruits and vegetables. Write five personal **SMART** physical activity and nutrition goals to accomplish this summer.

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**ealistic
- **T**imely



Harvest of the Month: Blueberry

Fun Facts

- ✓ **Blueberries** are an excellent source of antioxidants, which may help prevent damage to body cells.
- ✓ **Blueberries** are a good source of vitamin C which supports immune function.



Buying Tips

- ✓ Select **blueberries** that are firm, plump and with a dusty blue color.
- ✓ Refrigerate and use **blueberries** within 10-14 days.
- ✓ Try **blueberries** in a yogurt parfait or smoothie!

Banana Blueberry Smoothie

Ingredients:

- 4 bananas
- 4 cups **blueberries**
- 2 cups unsweetened coconut milk (or your preference)
- 4 tablespoons honey
- 4 tablespoons lime juice
- 1 teaspoon almond extract
- 4 cups ice

*Makes 4 servings. For more information click here!



Instructions:

1. Add bananas, **blueberries**, milk, honey, lime juice, almond extract, and ice to blender.
2. Blend ingredients together.
3. Enjoy!