Hello Head Start Families,

I hope you are doing well and are enjoying the time with your family. This week we would like to share with you more ideas on maintaining a healthy lifestyle. Head Start believes it is important to get at least 30 minutes of exercise a day! Also, eating a heart healthy snack is always important. Therefore, here are some ideas you can share with your friends and family, while staying safe and having fun.

**Family Activities/Exercises**

1. **Sky Reaches**- stand up, swing your arms to the sky, rise up on your tippy toes, hold for 15 seconds, then lower your heals and arms.
2. **Animal Walks**- hop like a bunny, gallop like a horse, or walk like a bear.
3. **Keep the Balloon Up**- try to keep a blown-up balloon off the ground by hitting it with your hands.

**Recipe 2- 4 Ingredient Cheese Muffins**

**Preparation Time:** 25 minutes

**Serving Size:** 12 Cheese Muffins

**Ingredients:**
- 2 Cups Self-Rising Flour
- 2 Cups Grated Low-Fat Cheese
- 1 ½ Cups 1% Milk
- Salt to Taste

**Directions:**
1. Preheat oven to 350 degrees F.
2. Spray muffin tin.
3. Combine flour, cheese, milk and salt.
4. Spoon into muffin tin.
5. Bake for 15-20 minutes until golden brown.
6. Enjoy!