

Happy Lent and Happy almost Easter!

Hello again. Well, spring is right around the corner and Easter will soon be here. It's a beautiful time of year, often full of anticipation and excitement over the coming months of warmer weather. People get all giddy and start cleaning out the closets, donating excess belongings or putting on a yard sale. There is a feeling of renewal in the air; time to refresh and get organized!

It's also a time when many try to step up their exercise regimen that they committed to in January but let fizzle out mid- March! Perhaps you started out the year vowing to only eat veggies for lunch and dinner but realized that you needed a little extra insulation after all to get through the cold winter months. Hey, no regrets-just get back on your horse! We can't change the past, only learn from it and with that experience make different choices going forward. It's also important to involve our kids in this process; teach them by example, find better ways to eat, move and think and show them that they are responsible for their health. Our choices determine the outcome.

So here's an idea; Easter is only a bit more than a week away and many families have the tradition of an egg hunt. How about this year we commit to a healthier Easter basket? By all means, include some yummy chocolates in there but consider filling most of the eggs with other things other than candy! Get creative; it doesn't have to be very expensive or time consuming. Kids love fresh blue berries, raspberries, coins, sweet, hand written notes, maybe a dollar bill here and there. Maybe sneak in a small gift certificate to a coveted place.

Regular candy is full of sugar, high fructose corn syrup, food coloring galore and all kinds of preservatives and additives that only weaken the body and makes us sick. A little won't kill us but.....it adds up and if we keep letting this sneak in on a regular basis it will affect our health. If your child is fidgety and has issues focusing, the sugar, food coloring and other additives in the diet may be on culprit so it's best to stay away from that.

Also, before the hunt, make sure your child has had a good nutritious meal. Then they will be less likely to over eat on the sweets and have the sugar crash later on. It's all in the planning!

Have a blessed Easter everyone!

Cheers,

The Wellness Committee