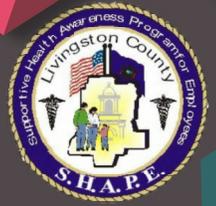


SHAPE

Newsletter



April 2020

Wondering about the annual SHAPE 5K?!

Stay tuned!

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The original date is set for June 4th. As we gather more guidance, SHAPE will keep you informed!

Want to know what's happening in Livingston?

Visit these resources!

- [Events in Livingston County](#)
- [My Livingston Life](#)

Remember the 5-9 Fruit and Veggie Challenge?

Here are some of the entries from the DOH Challenge. There are some creative people working for Livingston County!



Outdoor Activities for Families



More family time lately? Here are some ideas to keep you busy and active:

- Go for a walk or hike
- Ride bike
- Fly a kite
- Blow bubbles (make a homemade solution for added fun)
- Make a scavenger hunt
- Have a hula hoop competition
- Get your roller blades out
- Draw hopscotch on the sidewalk and play
- Find a shady tree and read
- Have an outdoor picnic in your backyard
- Build a campfire in your yard and make S'mores
- Order some peat planters and start your garden
- Film a home movie
- Play wiffleball or kickball
- Make mud pies
- Search for bugs
- Make a homemade bird feeder

DIY Trail Mix

Ingredients:

- 1 cup square-type whole grain cereal
- 1 cup o-type whole grain cereal
- 1 cup puff-type whole grain cereal
- 1 cup dried fruit of your choice
- 1 cup small pretzels
- 1/2 cup small nuts*



Directions:

Set out a bowl of each ingredient with a serving spoon. Let guests add a spoon of each ingredient to a plastic bag or other container. Shake to mix. Enjoy!

Notes:

Peanuts and other small foods that are round are easy for your preschooler to choke on when swallowing them. Have your child eat at the table, or at least while sitting down.

Always watch your child while he or she eats.

Prep time: 5 minutes

Cooking time: 15 minutes

Makes: 6 cups

Want more recipes?



Nutrition Facts	
11 servings per container	
Serving size	1/2 cup (37g)
Amount per Serving	
Calories	140
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0 Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 3mg	15%
Potassium 208mg	4%
Vitamin A 43mcg	5%
Vitamin C 2mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Visit foodhero.org for other
easy recipe ideas!

Looking for easy home workouts?

Try this one!

DAREBEE is a free resource available to you. There is a library of exercise workouts, along with instructional videos.

Visit <https://darebee.com/> to start your journey!

2-minute WORKOUT

by DAREBEE © darebee.com

20 seconds each exercise | no rest between exercises



jumping jacks



jump squats



high knees



side-to-side lunges



squats



climbers

Take a Mindful Moment

Being mindful – paying attention to the present moment in a gentle, non-judgmental way – can help relieve stress and make life feel like less of a struggle. Here are several ways to take a mindful moment today.

MINDFUL BREATHING:

Sit comfortably and simply focus on your breathing, on the breath coming up through your belly and in through your nose, the pause, then your exhale. When your mind wanders into the past or the future, just gently return to your breathing and to the here and now.



MINDFUL WALKING:

We walk & text, walk & talk, walk & eat – but sometimes it's refreshing to just walk. Focus on each step, from your heel hitting the ground to the ball of your foot to your toes. Don't worry about where you have to get to, just focus on the act of walking. It's almost like being a toddler again!



MINDFUL LISTENING:

Select a piece of instrumental music (lyrics can be distracting.) Put on headphones, close your eyes, and let it play. Allow yourself to get lost in the music. Don't think about the genre or get caught up in judging it, just fully immerse yourself in every moment.



MINDFUL EATING:

Turn off the TV, computer, and phone and sit with your meal in front of you. Now slowly take a bite and focus all your attention on the taste and texture of what you're eating. Savor every flavor. Take each bite this deliberately. You'll find you're less likely to over eat and more likely to enjoy it.



MINDFUL OBSERVING:

When we're rushing around it's easy to miss the beauty of our natural environment. So pick one bit of nature's handiwork to focus on – a tree, a cloud, a flower – and spend a minute or two just looking at it, as if you're seeing it for the first time. One Mindful Monday can change the way you look at everything.

Resiliency during COVID-19:

[Click here](#) for 8 science based ways to boost your resiliency!