



MOVE INTO WELLNESS IN THE NEW YEAR!

- Day 1: Walk for 10 mins
- Day 2: Try a new yoga pose
- Day 3: Walk for 12 mins
- Day 4: Eat only healthy snacks (fruits and/or veggies)
- Day 5: Walk for 14 mins
- Day 6: Drink 8 cups of water
- Day 7: Walk for 16 mins
- Day 8: Spend an hour off your phone
- Day 9: Walk for 18 mins
- Day 10: Meditate for 5 mins
- Day 11: Walk for 20 mins
- Day 12: Do 15 jumping jacks
- Day 13: Walk for 22 mins
- Day 14: No soda!!!!
- Day 15: Walk for 24 mins
- Day 16: No candy/sweets!
- Day 17: Walk for 26 mins
- Day 18: Play a board game with family & friends
- Day 19: Walk for 28 mins
- Day 20: Give a compliment
- Day 21: Walk for 30 mins
- Day 22: Meditate for 20 mins
- Day 23: Walk for 32 mins
- Day 24: Random acts of kindness
- Day 25: Walk for 34 mins
- Day 26: Do 20 jumping jacks
- Day 27: Eat only healthy snacks
- Day 28: Walk for 36 mins
- Day 29: Meditate for 25 mins
- Day 30: Spend an hour off your phone
- Day 31: Reflect on what you enjoyed!

The Athletes Helping Athletes club students have created an artistic display of the following wellness message in both English and Spanish.

“Health is a state of complete harmony of mind, body and spirit. When one is free from physical and mental distractions, the gates of the soul open.”



Rice Bowl Breakfast with Fruit and Nuts

Utensils Needed

- Sharp knife
- Mixing spoon
- Cutting board
- Measuring cups
- 2 cereal bowls
- Measuring spoons
- Mixing spoon
- Liquid measuring cup
- Microwave-safe bowl

Ingredients

- 1 cup cooked brown rice
- 1/2 cup nonfat or 1% milk
- 1/2 teaspoon cinnamon
- 1 cup chopped fruit (try a mixture - apples, bananas, raisins, berries, peaches)
- 2 Tablespoons chopped nuts (try unsalted walnuts or almonds)



Average total cost without oil and seasonings: \$5.63
Average cost/serving: \$2.82

Directions

1. Combine cooked rice, milk and cinnamon in a microwave-safe bowl. Microwave on HIGH for 45 seconds. Stir and heat for another 45-60 seconds, or until rice mixture is heated through.
2. Divide rice mixture between two bowls. Top with fruit and nuts. Serve warm.
3. Refrigerate leftovers within 2 hours.



SERVE & SHARE

Enjoy the above healthy recipe with friends and family! Share your creations with us at www.facebook.com/HSNYWSBOCES or @CHSC_longisland on Instagram!

QUESTIONS? CONTACT:

- Susan Goumba—
sgoumba@bufsd.org
- Susan Averso—
susan.averso@bufsd.org
- Francisco Herrera—
fherrera@bufsd.org
- Carol Grodski—
carol.grodski@bufsd.org



Mrs. Lundquist’s health class learning how to make smoothies on a smoothie bike!

THUMP THE THYMUS!

1. Thump in the middle of your chest with your fist (think Tarzan).
2. You may know you have activated the thymus gland as you feel a subtle feeling of “joy”.

Thumping your thymus will:

- Stimulate all of your energies
- Boost your immune system
- Increase your strength & vitality

UPCOMING EVENTS

- Family Swim Night:** Brentwood Ross High School every Thursday.
Session 1: 6-7pm
Session 2: 7:15-8:15pm.
- Drums Alive Session:** TBA
- February:** Heart Healthy Month
- Go Red for Woman:** 2/4/22
- Spinathon:** TBA
- Mindfulness drawing event:** TBA
- March:** Mental Health Awareness Month
- Semicolon event:** TBA
- Every Kid Healthy Week:** TBA