

## Popcorn DIY

### Ingredients

- ½ cup fresh popcorn kernels
- 1 teaspoon olive oil
- Cooking spray: avocado, olive, or coconut oil
- ¼ - ½ teaspoon salt
- *Optional seasonings:*  
1–2 tablespoon dried seasoning (onion or garlic powder, dried oregano, parsley or dill), a pinch of chili powder



### Preparation

1. Preheat a large pot with a tight-fitting lid over medium-high heat.
2. Add oil and popcorn. When the popcorn starts popping, crack the lid a bit to let the steam escape.
3. Shake pot every few seconds. When there are a few seconds between pops, remove pot from heat and transfer to a bowl.
4. Lightly spray with cooking spray, sprinkle with salt and seasoning if using. Toss to coat.

## FIND YOUR Balance

Important for both young and old, balance prevents falls and helps us excel at sports requiring agility. Want to get better balance? It's easy to train on your own, no equipment necessary!

Simply stand on one foot. Start with 15 seconds and when that's easy, increase the time. Stand next to a chair in case you need it.



## Shine YOUR OWN Sun

"In the depths of winter, I finally learned that within me there lay an invincible summer."

- *Albert Camus, French writer & philosopher (1913-1960)*