

SPRING IS HERE

Spring brings longer days and nicer weather, which leads to an increase in outdoor activities. Spring is a great time to get out the bikes and go for a ride, take a walk or go for a run. Take the opportunity to use the Saginaw Valley Rail Trail. The Saginaw Valley Rail Trail offers a safe place to go for a family walk or bike ride and is right here in the community.



WHEN YOUR KID SAYS THEY DIDN'T EXERCISE TODAY

Get creative when it comes helping your children earn movement minutes for their Step Up & BWell team at school!



- **Olympic Bathroom Cleaning Course** – Set a timer for 15 minutes. Place or hide the following items in various locations around the house: roll of paper towel; toilet bowl brush; cleaning rags; a safe, non-bleach cleaning product or mild detergent; window/mirror cleaner. Child races from each location to bathroom and cleans it. Everybody wins!
- **So You Think You Can Vacuum** – Loud music, vacuum cleaner, dance moves, judges, videotape. Go!
- **Swift it Good** – Creatively attach rags or Swiffer dry sheets to each foot. Turn up the jams, and move feet to the beat across hardwood or tile floors.
- **Be Aggressive...Be, Be Aggressive Bedroom Pick-Up** – Kids and parents chant this cheer while completing the following list of activities in their respective bedrooms: Hang up clean clothes, put dirty clothes in hamper, take dirty dishes and trash to kitchen, make bed. Fastest wins. Hint: let the kids win, then beg for "best out of 3" in other rooms.
- **Aerobic Car Washing** – Once weather warms up, bring out the hose and buckets of soapy water. Crank up the music again, arm each child with a sponge in each hand, and let the fun begin.



It is not too late

you can still register and participate in the BWell Program

Greetings Step Up & BWell Participants

As teams compete against one another we need to collect some baseline information on each team member.

Please complete this 5 minute survey no later than March 31st so we may evaluate the success of this program.

Click this link to start the survey:
<https://survey.alchemer.com/s3/7193922/Step-Up-BWell>

Those who complete their surveys will be entered into a drawing for prizes.

Scan the QR code below to register your student for the Swan Valley Team



CHALLENGES THIS MONTH

- Drink more water
- Exercise daily
- Try a new fruit or vegetable



Healthy Substitute for Moms and Dads

Try this homemade coffee creamer in place of store-bought ones containing high fructose corn syrup and flavorings.

- Use 1 can of whole or reduced-fat coconut milk, 1 T of maple syrup, and 1 tsp of vanilla extract.
- Experiment with other flavors by adding a dash of cinnamon or a pinch of pumpkin pie spice.
- Place ingredients in a bottle or glass mason jar and shake well. Keep in the frig for up to 1 week or freeze in ice cube trays for long-term storage.
- It's dairy free, lower in sugar, and delish.

RESOURCES

For StepUp & BWell assistance, reach out to your district HRA:

Andrea Henige
ahenige@swanvalley.k12.mi.us
cell-989-751-0804



BWell Saginaw
BWellSaginaw.org

Saginaw County Community Resource Guide:
<https://saginawpublichealth.org/media/5nphobaf/2020crg.pdf>