

*April 2023* 

### 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!
- **Swiff 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:
<a href="https://survey.alchemer.com/s3/7193922/">https://survey.alchemer.com/s3/7193922/</a>
Step-Up-BWell

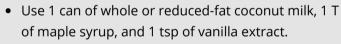
Those who complete their surveys will be entered into a drawing for prizes.

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



### Healthy Substitute for Moms and Dads

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



- 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.

### CHALLENGES THIS MONTH

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



#### 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

