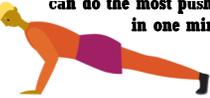
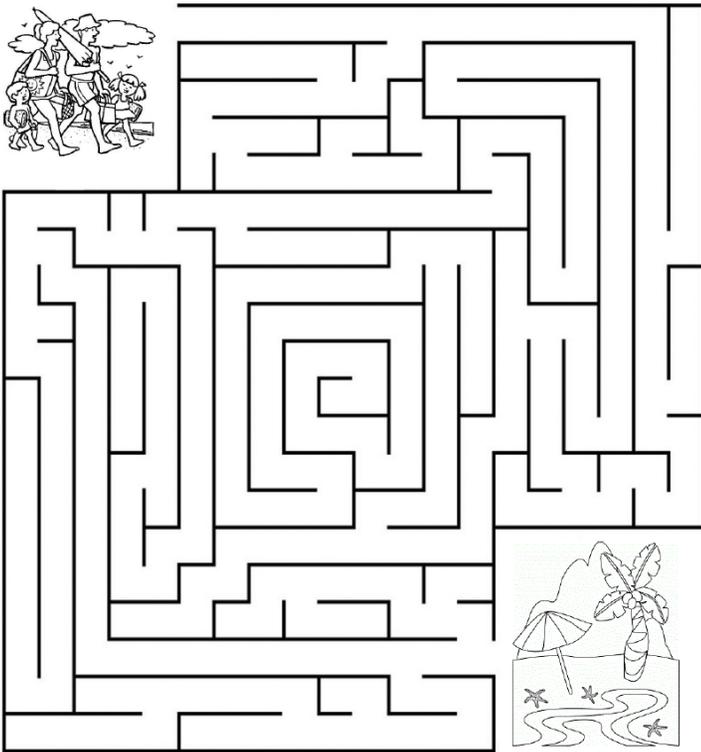


August 2020

Stay Active, Stay Healthy!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Daily Gratitude Challenge:</p> <p>Write a note, send a text, or verbally share something you are grateful for.</p>	<p>1 Power Jumps</p> <p>Squat like a frog and then jump as high as you can. Do as many as you can for one minute. Take a 10 second break and repeat. Do 3 sets.</p>	<p>2 Planks</p> <p>Elbows on the floor and balanced on your tiptoes, challenge someone in your home and see who can last the longest.</p>	<p>3 Celebrate</p> <p>Put your favorite song on and make up a dance or fitness routine!</p> 	<p>4 Sit Ups</p> <p>Take turns holding each others feet for added support. See who can do the most in one minute.</p> 	<p>5 Power Jumps</p> <p>Squat like a frog and then jump as high as you can. Do as many as you can for one minute. Take a 10 second break and repeat. Do 3 sets.</p>	<p>6 Commercial Break</p> <p>Can you hold a plank for an entire TV commercial break?</p> 
<p>7 Play Catch</p> <p>Grab any kind of ball and play catch with a family member.</p> 	<p>8 Crawl Like a Seal</p> <p>Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p>9 Bear Crawls</p> <p>Palms and feet flat on the floor, arch your back so that you look like a mamma bear. Race someone across the room five times.</p>	<p>10 A Gratitude Attitude</p> <p>Write down something you're thankful for and why.</p> 	<p>11 Butterfly Kicks</p> <p>Lay on your back and extend your legs straight out. Begin flutter kicking your legs without bending your knees. Do as many as you can in a minute.</p>	<p>12 How Fast Can You Go?</p> <p>Pick a distance and see how fast you can run the distance.</p> 	<p>13 Planks</p> <p>Elbows on the floor and balanced on your tiptoes, challenge someone in your home and see who can last the longest.</p>
<p>14 Mountain Climbers</p> <p>Get into a push-up position and then alternate bringing your knee to your elbow. See how many you can do in 20 seconds.</p>	<p>15 Mindful Senses</p> <p>What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste.</p>	<p>16 Family Walk</p> <p>Get outside for some fresh air. Take a 15 minute walk as a family.</p> 	<p>17 Celebrate</p> <p>Put your favorite song on and make up a dance or fitness routine!</p> 	<p>18 High Knees</p> <p>Jog in place with high kneed for one minute. Repeat five time throughout the day.</p>	<p>19 Hummingbird</p> <p>Flap your arms like a bird as fast as you can for 30 seconds. Repeat three times.</p>	<p>20 Before Bed Breathing</p> <p>While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>
<p>21 Push Ups</p> <p>Find a partner and see who can do the most push ups in one minute.</p> 	<p>22 Bear Crawls</p> <p>Palms and feet flat on the floor, arch your back so that you look like a mamma bear. Race someone across the room five times.</p>	<p>23 Squats</p> <p>Feet hip width apart, squat down and hold for 10 seconds. Repeat 10 times.</p> 	<p>24 Power Jumps</p> <p>Squat like a frog and then jump as high as you can. Do as many as you can for one minute. Take a 10 second break and repeat. Do 3 sets.</p>	<p>25 Picking Apples</p> <p>Hands over head, pretend you are picking apples. See how many you can pick in one minute. Repeat 3 times.</p> 	<p>26 Mountain Climbers</p> <p>Get into a push-up position and then alternate bringing your knee to your elbow. See how many you can do in 20 seconds.</p>	<p>27 Family Walk</p> <p>Get outside for some fresh air. Take a 15 minute walk as a family.</p> 
<p>28 Commercial Break</p> <p>Can you hold a plank for an entire TV commercial break?</p> 	<p>29 Jump Rope</p> <p>No jump rope, no problem. Jump in place while circling your arms for 30 seconds. Rest and repeat 5 times.</p>	<p>30 Mindful Senses</p> <p>What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste.</p>	<p>August National Observances:</p> <ul style="list-style-type: none"> * August 2-8 National Exercise with Your Child Week * August 16th National Tell a Joke Day 			



Corn Critter Salad

Ingredients

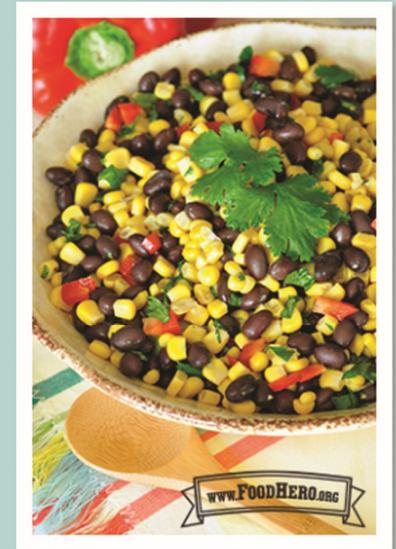
- 1 cup **corn** (canned and drained, frozen, or fresh cooked)
- 1 cup cooked (or canned) **black beans**
- 2 Tablespoons diced **green or red peppers**
- 2 Tablespoons **cilantro leaves**
- 1 Tablespoon **cider vinegar**
- 1 teaspoon **vegetable oil**

Directions

1. Drain (or thaw and drain) corn. Drain black beans.
2. Wash and chop peppers and cilantro leaves.
3. Mix all ingredients together in a medium sized bowl. Enjoy!
4. Refrigerate leftovers within 2 hours.

Notes

- One large ear of corn makes about 1 cup of cut corn.



Want more healthy meal and snack ideas?

Download the Food Hero Cookbook at <https://www.foodhero.org/sites/default/files/health-tools/cookbook.pdf>

Free Meals for Kids and Teens!

There are over 800 summer meal sites in Oregon with free meals for kids and teens ages 1-18. Call 2-1-1 or text "FOOD" or "COMIDA" to 877-877 for Meals locations.