

eWellness magazine

Help your body be healthy again {Part 2}

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Be healthy again | Wellness magazine

Once your kids head back to the classroom and winter weather turns the corner, they'll be bringing home more than homework, additional pounds, colds and germs are sure to follow. Start improving their menu and build their immune systems now to keep flu bouts and extra pounds to a minimum.

Here's how to keep your family healthy:

1. Wash germs away

Make sure everyone develops the habits of washing their hands often for at least 15 seconds. Use water and soap to thoroughly wash away germs.

2. Sleep well

Make sure everyone gets a good night's sleep to avoid becoming run-down. Establishing a regular bedtime can help not only develop a healthy sleep routine but also make your kids more restful and concentrated during the day.

3. Change of menu

Looking for ways to help your family eat more of the foods that are good for them. At home, take a gradual approach to more healthful eating.



- Serve quality not quantity.
- Stay with organic or natural food.
- Keep meals colorful, full of vegetable and fruits.

- [Serve the vegetable and fruits you know your family likes.](#)

4. Get a smart dessert

Healthy eating doesn't mean you have to skip dessert. A healthful [Ola Granola](#) snack of crunchy clusters of oats infused with pure vanilla and real maple syrup will be perfect for healthy dessert www.olafoods.com/buy.php

Treat your kids to “an apple a day idea” with [Ola Granola Caramel Apple Fruit Dip](#).



Caramel Apple Fruit Dip

- 8oz container fat free whipped cream cheese
- 16oz container fat free Caramel Apple Dip
- [Ola Granola \(any flavor\)](#)
- [5-6 Granny Smith Apples](#)

Spread cream cheese on bottom of a pie plate or quiche dish with spatula

Carefully spread Caramel to cover cream cheese

Sprinkle desired amount of granola over caramel

Core and slice apples using apple slicer - then slice thicker slices in half. Arrange apples overlapping around the edge of the dish - similar to a sunburst! Kids and adults love it.

Other ideas: a whole grain toaster waffle topped with almond butter and banana slices, or low-fat yogurt with chopped pears and cinnamon.

6. Eat healthy snacks - the [Simple Squares®](#) to go

[Simple Squares®](#) are a snack you can feel good about. Made from 5 natural ingredients: nuts, honey, vanilla, and hints of sea salt and herbs. Free of wheat, gluten, dairy, soy and refined sugars. Straight, even, balanced and exponentially good nourishing snacks. Pick your favorite flavor: Cinnamon-Clove, Coconut, Rosemary and Sage. We love it.



7. Get your vitamins

Take a daily multivitamin and eat plenty of colorful vegetables and fruits rich in vitamins A, C, and E to boost your immunity.

We suggest: Kiwi, blueberries, acai berries, goji berries, oranges, lemon, broccoli, tomatoes, kale, garlic and others

Drink green tea. It has been show to be very rich in antioxidants, which fight oxidation that damages cells in immune system.

8. Kick-start family fitness.

Keep the family fun going year-round. Walk on. Forty years ago, nearly half of elementary school kids walked or bike to school, today only 13 percent of those kids use their feet or wheel for that purpose. Fitness activity before or after school is good way to keep kids in shape. Children can get their daily physical activity form gym class. Walking, running, or doing low-impact exercise, such yoga or Pilates also are good options. Everyone in your family should exercise at least 30 minutes most days.