

January Spotlight is.....

Healthy Foods

This month we are learning the importance of choosing Healthy Foods! Stars will learn that the food we eat has an important job in keeping us healthy!

Week 1: Healthy Foods! We take an adventure to grocery store to choose healthy foods. We also learn the importance of eat food group.

Week 2: Too Much Sugar! Our adventure starts in Candy land where king candy has made all the kids eat nothing but SUGAR! Your star will lean what too much sugar does to our bodies!

Week 3: Building A Healthy Plate! We play and learn through games about the food groups and how to build a healthy plate.

Week 4: Digestion; We learn what happens to our food when we eat it. We have fun jumping and sliding through our digestive system!

Happy New Year from Stretch-n-Grow!

Here's What We Worked On:

Strength Training:

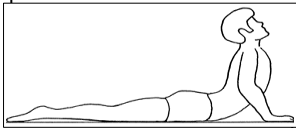
- * Pushups, * Hopping *Squats
- *Lunges *Resistance Bands

Balance & Coordination:

- *Balance Domes * Leaping
- *Throwing & Catching *Fine motor *One foot hop & Balance

Aerobic:

- * Jumping Jacks * Running
- *Skipping *Gallop



Stretch Pose = Cobra

Muscle of the Month:

Deltoid/Pectoral

Exercise of the month:

Plank