

LIVING A HEALTHY LIFESTYLE

MIND

Apps are a way of life that kids and teens already use for fun. So why not also use them to get active? Check out the following apps (with parent permission) to see if they might help you get moving and be healthier.

- **Swork It Kids** <http://kids.sworkit.com/>
- **Dungeon Runner** <https://itunes.apple.com/us/app/dungeon-runner-fitness-quest/id934356795>
- **Zombies Run** <https://zombiesrungame.com/>

EXERCISE

The real benefits of exercise come with consistency. While each workout reaps immediate, short-term rewards like improved blood pressure and increased metabolism, these benefits fade after a couple of hours. But exercising daily helps such benefits continue for much longer while also improving your overall strength and ability to exercise for longer periods. When you stop exercising for a while, you quickly begin to lose all that you gained. So don't lose the progress you've made by skipping your daily workout.

Take advantage of the new app we are using called My PT Hub for home-based exercise prescriptions. If you don't yet have an account, please reach out to Michael Woodall at Michael.Woodall@FLHosp.org.

Girlforce Info:

<https://www.jazzercise.com/Community/GirlForce>

Our class schedule:

<https://jcls.jazzercise.com/facility/jazzercise-orlando-mills-50-fit-ness-center>



NUTRITION

Here is a recipe for root veggie chips. These great snacks can be prepared ahead of time and kept ready for packing in your lunch.

Ingredients

- 1 medium – sweet potato
- 1 medium – beet
- 1 medium – Rutabagas, raw
- 1 medium – turnips
- 1 medium – parsnips
- 1 tablespoon – olive oil
- 1/4 teaspoon – salt

Wash, peel and thinly slice vegetables (to 1/8 inch or thinner). Place all veggie slices in a bowl and drizzle with olive oil. Arrange slices on a cookie sheet and sprinkle with salt. Bake at 400 degrees for about 30 minutes, or until your veggies are crispy, but not burned!

THE CENTER FOR CHILD AND FAMILY WELLNESS

The Center for Child and Family Wellness is dedicated to helping children reverse unhealthy lifestyles, combat obesity and address other issues associated with weight management.

OUR MISSION

Our number one priority is to see your child succeed in developing a healthy lifestyle. Our team will provide the needed support for achieving this goal.



Florida Hospital Medical Group will soon be AdventHealth Medical Group.

THE CENTER FOR CHILD AND FAMILY WELLNESS

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FHMedicalGroup.com

Family Workshop Calendar

THE CENTER FOR
CHILD AND FAMILY WELLNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Level 1 Workshop Emeril Lagasse Kitchen House & Culinary Garden 5:30-7:00 pm	7	8 Grocery Store Scavenger Hunt Holieanna Publix 6:00-7:00 pm	9	10
11 Gardening Emeril Lagasse Kitchen House & Culinary Garden 9:00-10:30 am	12	13	14 Level 2 Workshop Emeril Lagasse Kitchen House & Culinary Garden 5:30-7:00 pm	15 Positive Body Image/Liking the Real Me Main Office (Lee Road) 6:00-7:00 pm	16	17 Family Exercise Class Blanchard Park YMCA 10:00 am-12:00 pm
18	19	20	21	22	23	24
25	26	27 Know Your Body & Yoga Main Office (Lee Road) 5:00-6:00 pm	28 Level 3 Workshop Emeril Lagasse Kitchen House & Culinary Garden 5:30-7:30 pm	29 Yoga Blanchard Park YMCA (outside) 5:00-6:00 pm	30	

WORKSHOP LOCATIONS

Main Office:
1801 Lee Road, Suite 307
Winter Park, FL 32789

Blanchard Park YMCA
10501 J. Blanchard Trail
Orlando, FL 32817
For directions call:
(407) 381-8000
(Rouse Road Entrance)

YMCA Aquatic Center
8422 International Drive
Orlando, FL 32819
For directions:
(407) 363-1911

**Emeril Lagasse Foundation
Kitchen House &
Culinary Garden**
26 East King Street
Orlando, FL 32804
Corner of King Street &
Musselwhite Avenue

Holieanna Publix
741 South Orlando Avenue
Winter Park, FL 32789
*Meet at Customer Service.
Wait for program staff

Diabetes Institute Kitchen
2415 North Orange Avenue
5th Floor
Orlando, FL 32814
*Validated parking will
provided for the McRae
Parking Garage

RESERVE YOUR WORKSHOP: Phone: (407) 303-9200 ext. 301 or Email: Haley.Cruz@FLHosp.org

NOTE: Workshops start ON TIME. If you arrive more than 15 minutes late, you might need to reschedule. REMEMBER: The minimum requirement to be a part of this program is to do your required 8 core workshops within the first 4 month period. You will receive the MOST benefit when weekly commitments are made and continued!