



Acupuncture for Your Health

Acupuncture is one of the newest specialties offered at the Free Clinic. It started in

WHAT'S IN THIS ISSUE?

-What can acupuncture do for you ?

-Snltrs can actually be healthy for your kids.

-Walking daily can improve your health.

-Ways to prepare for your walking routine.

-Tips to make Easter fun!

Gear up to Go Walk

Before going out for a walk there are a few things to keep in mind. First, you should always wear proper attire. This includes walking shoes and protective clothing.

You should also keep in mind to warm up before

you hit the road. By doing some simple stretching you could avoid injury. Another way to avoid injury is to walk correctly by using good posture.

Next, make sure to start out slow and keep track of your progress so you can

increase your speed and distance as you go.



Information adapted from the Health Library at CNN.com

Walk Tall



Walking may not seem like good exercise but the benefits are great! Walking is a low-intensity workout that could help your health more than you know.

A simple walk around the block or through the mall could help improve your health significantly. Walking can help improve, reduce or maintain:

- Heart health
- Blood pressure

- Diabetes
- Weight
- Stress
- Strength

Walking is also an activity that can be geared toward your specific needs. Despite your age or health you could greatly benefit from a walk. You can make your walk a stroll or a marathon. Either way, you're sure to make strides in your health!

DID YOU KNOW:

"Middle aged women who walk more than 10,000 steps a day have lower levels of body fat than do women who are less active"

Health Library at CNN.com

Information adapted from webMD.com and CNN.com

Say 'YES' to Snacking



Information adapted from WebMD at www.webmdonline.com

Studies show that healthy snacking between meals can actually be a healthy habit, especially for kids. Snacking can help children in two specific ways.

First, it prevents kids from overeating during mealtime. By providing a simple snack between meals, kids are eating more sensibly during meal time. Snacking between meals also improves kids' mood and motivation throughout the school day,

School can be stressful and demanding but studies show that snacks can help kids maintain good performance.

While there are numerous snack options out there, help your children choose foods that are healthy. Pick snacks that contain vitamins, minerals and fiber such as fruit, yogurt, oatmeal cookies, trail mix and apple sauce!

Hop Along with your Kids this Easter

The bunny we have all grown to love today is thought to have originated in Germany around the 1500's. The Hare and the Rabbit were known as the most fertile animals so they were chosen to represent the life that was going to occur during the Spring season.

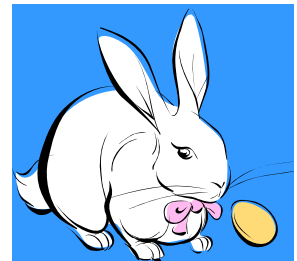
Most people associate the Easter Bunny with this festive pastel Holiday, so why not spend time with your kids doing bunny arts, crafts and games!

Get your kids outside doing fun activities like the "Bunny Hop." Much like the game Simon Says, have your kids hop

Fast, hop slow, hop to the right, hop to the left, do baby hops or big monster hops. Another fun activity you could do with your kids is the popular "Spoon Egg Race."

Have two or more people compete against each other. Each person with a spoon and an egg inside the spoon. Whoever reaches the finish line first without dropping their egg, WINS!

Finally, make rabbit masks out of paper plates or create a "bunny-bingo" game. The important thing is that you get your kids outside and having fun!



Information adapted from: Easter Games at eslkidstuff.com and Easter Bunny History at easterbunnys.net