

The New Year = The start to a more healthy lifestyle for you and your family.



The New Year is a perfect time to start making changes, for both you and your child!

Ideas for you and your family to focus on:

- **Get fresh air daily.**
Take a walk together every night after dinner.
- **Step away from the screen.**
Limit screen time for you and your child to less than 2 hours daily.
- **Get adequate sleep.**
This is important for not only your child, but for you too!
- **Focus on adding food, rather than taking foods out of the diet.**
For example, I will provide myself, and my child, with at least two different types of vegetables daily.

Breakfast Burrito

Ingredients:

- 3 Tbsp. chopped bell peppers
- 1 tsp. Extra Virgin olive oil
- 3 eggs (whipped slightly in a bowl)
- 2 (8 inch) Whole wheat tortillas

Directions:

1. Cook the peppers in the oil over high heat in a pan. Remove peppers from pan.
2. Cook eggs over high heat in the pan, until done.
3. Place one half of the egg mixture on each tortilla. Add peppers to the center of your tortilla, roll up, and enjoy.

Serves 2.

