

it's all about **BALANCE**

Healthy Snacks:



help keep energy up
during the day



are a good way to get
superfoods in your
body that may not go
with lunch (like
blueberries or nuts)



shouldn't make you too
full

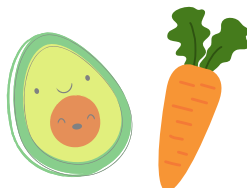
Make sure snacks are small -not meal sized!

IDEAS



rice cakes, bananas or apples
with peanut butter

smashed avocado
with carrots



toast pita bread to make chips!



sneak spinach into smoothies!



try a cucumber, pickle, kiwi...

pomegranate or cantaloupe!



Boosting our balance

Special Olympics School of Strength Workout



FITNESS MOVIES

Video 4: Boost Your Balance



start by holding on to a chair, then test without



walk a line with arms out



go for walks



Visual notes from the Massachusetts Down Syndrome Congress
teen & adult February Wellness Series (2021)