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

[Image of rice cakes, bananas, apples, peanut butter, smashed avocado, carrots]
toast pita bread to make chips!

sneak spinach into smoothies!
	ry a cucumber, pickle, kiwi...
pomegranate or cantaloupe!

Boosting our balance

Special Olympics School of Strength Workout

start by holding on to a chair, then test without
walk a line with arms out
go for walks