



Buzzy BODY & BITES for Teens

Buzzy



Setting Realistic and Attainable Resolutions for the New Year

Written by: Meghan McGee, 2022-23 Healthy Living Ambassador

Have you ever made a New Year's resolution, done it successfully for a week or two, and then quit? If so, don't feel guilty. Studies show that approximately 80 percent of New Year's resolutions get abandoned by February. The big issue people have, when making resolutions, is their goals are not attainable. For example; say one of your resolutions is to lose weight and get in shape. An unrealistic way to address that resolution is to go from a sedentary lifestyle to working out every day for two hours. The key to setting attainable goals is to make a few small changes at a time. Instead of starting with two-hour workouts every day, you can dance to your favorite music, go for a walk, jump rope, or try yoga for 10 minutes each day. After two weeks of doing shorter intervals of a chosen activity, increase your exercise time, and/or up the intensity of your workout.

Also, just because people on social media claim to have lost lots of weight quickly, or achieved rock hard abs in two weeks, doesn't mean you can, or should, do these things. Keep in mind that a lot of these people generally have more resources than the average person, and often seek unconventional, and/or unhealthy methods to achieve their goals. Have patience and kindness with yourself when you make these resolutions; try not to let social media warp your view of reality. Happy New Year!

BITES



Healthy Charcuterie Board

Written by: Alice Milton,

2022-23 Healthy Living Ambassador

Charcuterie boards have skyrocketed in popularity. Whether it is filled with sweet treats or savory goodies, the possibilities for a charcuterie board are endless! The board pictured to the right is a healthy and diet-inclusive take on the trend. Here are some examples to lead you in creating a charcuterie board that is pleasing to the eye and nourishing to the body! First, start off with some fruits! My board features kiwis, blueberries, and raspberries! Next, get some veggies on your board;



such as celery and sliced red pepper. If you don't particularly enjoy the taste of veggies alone, dip them in a protein-based spread like peanut butter! Dairy can be a little tricky with allergies, so do not be afraid to substitute or try something new! This board features a small wheel of mozzarella and vegan feta cheese. To include fiber on your board, add some crackers or toasted whole-grain bread. If you are gluten-free, try an alternative such as rice thins. Your bread can be somewhat boring without a spread, so I encourage you to try a new jelly or jam; such as red pepper jelly, which paired very well with the rice thins!

Find more recipes at:
eatsmartmovemore.org

BODY

Ways To Move More During The Winter Months

Written by: Becca Lantz,
 2022-23 Healthy Living Ambassador

- ✿ Bundle up and take a nature walk—enjoy winter's beauty. If the cold isn't for you, be sure to take advantage of any warm days that come your way.
- ✿ If you're stuck inside, get moving by walking around while on the phone, cleaning up your living space, doing a workout with items around the house, or standing up while reading a book.
- ✿ Try an at-home exercise video. Visit: <https://eatsmartmovemore.org/move-more/exercise-videos/>.

Exercise Your Mind

Resources

Making a Vision Board

Written by: Alice Milton, 2022-23 Healthy Living Ambassador

A vision board is a collage of images and words representing a person's wishes or goals. This board is intended to serve as inspiration or motivation. Making one of these collages is a great way to mentally prepare us for the new year. To make a vision board start by setting goals. This could include a better exercise routine, a healthy diet, doing better in school, etc. After you have your goals in place, find inspiration for how you would like your board to look. Remember, this is a representation of you and your goals, so make it just as unique as you are! After you complete your search for inspiration, map out your board with pictures or quotes to motivate you throughout 2023! After all of this is complete, let the vision board do its job for you! Use it as a reference throughout the year and stay on top of your goals!



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