Healthy Snacks

Apple Fractions
Cut red and green apples into wedges, removing the cores, and toss them with a little lemon juice to prevent browning; fan them on a plate with alternating slices of Cabot Cheddar Cheese.
TOTAL CALCIUM: 410mg

Muffin Heads
Top toasted English muffin halves with a thin layer of spaghetti sauce and slices of Cabot Cheddar Cheese; broil until the cheese is melted and top with a silly vegetable face!
TOTAL CALCIUM: 258mg

Crazy Bobs
Thread skewers with alternating chunks of Cabot Cheddar Cheese and fruits like whole strawberries and grapes or chunks of pineapple or banana; for a veggie version, use red and yellow cherry tomatoes and zucchini.
TOTAL CALCIUM: 406mg

Since 1919, the New England and New York farm families who own Cabot Creamery Cooperative have used only the finest ingredients and old-world, traditional cheesemaking methods to produce internationally award-winning cheeses, including the “World’s Best Cheddar.” To learn more about our cheeses, find more great recipes and pairings, or to simply learn more about our farm families who own, operate and share the profits of Cabot - who we are and what we do – visit us online.
Yoga Poses:

**UPPER BODY STRENGTHENING**

**Downward Facing Dog**
Start on your hands and knees. Spread your fingers far apart and straighten your legs and arms to bring your body into an upside-down “V.” Relax your head and look through the space between your legs.

**LOWER BODY STRENGTHENING**

**Warrior I**
From a tall standing pose, step forward with one foot. Turn the back foot out to a 45-degree angle. Reach your arms straight up to the sky and bend your front knee until it is directly over the front ankle. Repeat on alternate side.

**Advanced Poses:**

**Triangle Pose**
Stand with your hands and legs open, like a star. Turn your right foot out 90-degrees and bend at the hip to touch your right arm to right ankle. Repeat on left side.

**Wheel or Bridge**
Lie on your back and bend your knees so that your feet are flat on the floor right beneath your sit bones. Clasp your hands beneath your back and straighten your arms. Use your legs to push your body off the floor and tuck your chin to your chest, creating a half-circle with your body. To come down, slowly lower your body.

Benefits of Yoga:
Yoga is an activity which provides many benefits for the mind, body and soul at all fitness levels.

**BODY**
- Develops strong and flexible body
- Increases balance, awareness and coordination

**MIND**
- Relieves tension, stress, and built-up energy
- Increases concentration, focus and attention
- Promotes thinking and memory

**SOUL**
- Builds confidence and self esteem
- Enhances team skills and social interaction
- Inspires respect for self and others

Making Yoga Fun!
Yoga is fun and challenging. Many poses are based on animals and nature. Kid’s Yoga is all about acting and expression. Don’t be serious and somber...get creative!

Exercise for Stronger Bones
Exercise improves strength, balance and coordination which helps reduce falls and injuries for your entire life. It also helps build energy and stamina. The more you move the better! Here are a few things to try:

- 25-40 minutes of aerobics three or more times a week
- Stretching at least twice a week
- Sports that involve running and jumping to increase heart rate and flexibility—while also building bones and muscle

Growing Bones Need Calcium
To stand tall and be strong, choose foods that your body needs! Without top-level fuel, you can’t perform your best. What you eat and drink makes the difference.

For strong muscles and bones, your growing body needs three servings a day of dairy: cheese, yogurt and milk! Dairy provides the protein and calcium you need to excel in everything you do!

How Much?
The Institute of Medicine recommends different daily intake of calcium based on age as shown below:

<table>
<thead>
<tr>
<th>AGE</th>
<th>SERVINGS*</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-8</td>
<td>3</td>
</tr>
<tr>
<td>9-18</td>
<td>4</td>
</tr>
<tr>
<td>19-50</td>
<td>3</td>
</tr>
<tr>
<td>51+</td>
<td>4</td>
</tr>
</tbody>
</table>

*The recommended dairy servings are based on the NAS calcium recommendation. A serving size of dairy equals 1 cup (8 ounces) of milk, 1 cup of yogurt and 1 to 1.5 ounces of cheese.

To come down, slowly lower your body.

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