



**February 2012**

**Shevat/Adar 5772**

# Healthy Heart

	Food	Physical	Spiritual	Family	Self
<p><b>Make Veggies FUN!</b></p> <p><i>Many parents have trouble getting their child to eat vegetables. So let's make it fun!</i></p>	Make your favorite garlic recipe.	Plan one winter walk a week and keep your heart pumping.	Say a blessing together as a family before dinner.	Make love & kindness coupons for each family member.	Re-affirm your New Year's resolution.
	Incorporate veggies like broccoli and carrots into meals.	Take a group exercise class like Zumba!	Attend the Seder for Creation and celebrate the gifts of the earth!	Buy seeds and help your child grow their own veggies.	Broaden your horizons. Look for a new hobby at the J!
	Whip up your own salsa with canned tomatoes!	Turn on some music and dance! Get your heart pumping and have some fun.	Take care of your heart and soul through spiritual reflection.	Love by any other name...Learn how to say "love" in 5 languages!	Make a plan. Connect with a personal trainer to set your goals.
	Try supplementing applesauce or carrots to reduce sugar in sweets.	Jump rope for 10 minutes each night rather than playing couch potato.	Share a sentiment with your bashert (beloved).	Go with your child to pick out veggies at the grocery store.	Spoil yourself with "Whoa" foods once a week, "Slow" foods once a day, and "Go" foods all the time!
	Steam vegetables and season them with fresh herbs not butter!	Wash and chop your own veggies and burn 10-15 extra calories!	The heart is the image of love. What should love look like?  Kidshealth.com	Go to the Community Shabbat Dinner as a family.	Maximize your heart! Did you know the average female heart weighs 9 ounces and a male's weighs 10.5 ounces?

Ba-ruch a-tah A-do-nai E-lo-hei-nu Me-lech Ha-o-lam, bo-rei p'ri ha-a-da-mah. Blessed art thou Lord our G-d for the fruit of the earth.



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Summer Play- house Registra- tion Begins	2 Health Info 101 6:00pm	3 Community Shabbat Dinner 5:30pm	4
5 Learn how to save “Love” in 5 lan- guages	6 Incorporate winter veggies like broc- coli or carrots into dinner tonight	7 Try Zumba!	8 Tu B’Shevat (Seder for the Trees)	9 Arts & Science Education Night 6:00pm	10 Make your own sal- sa today!	11
12 Go to the grocery store with your child to pick out veggies	13 Take a winter walk	14 Share a sentiment with your be- loved.	15 Ask the Expert Series 6:30pm	16 Family Gym 5:30pm	17 Whip up your favor- ite garlic recipe for dinner	18
19 What should love look like? Visit kidshealth.com as a family.	20 President’s Day– Sign up for School’s Out!	21 Connect with a JCC personal trainer and make a plan!	22 The Lippman School Play	23 The Lippman School Play	24 Community Grand Shabbat 11am	25
26 Family Snow Day Fun 2-4pm (Registration Deadline: Feb. 23rd)	27 Session II of Win- ter Swim Lessons begin	28 An Ethical Start Seder for Crea- tion				