



Physically active is more important now than ever with many schools online and gym classes limited. Being active improves strength, reduces stress & helps [academic performance](#).

Yoga for Mental Health and Balance

- Kids can experience anxiety and stress, just like us from both school and peer pressures. Even occasionally, practicing yoga can be a [beneficial](#) tool that helps relieve stress and achieve balance in a hectic world. Yoga also helps with flexibility and strength important for kids of all ages. It also provides needed flexibility to prevent injury in athletes or dancers. Yoga teaches physical postures, breathing techniques, and meditation that contribute to both mental and physical well-being.
- Kids that practice yoga have been found to have an increase in focus and concentration, helping with school performance. It can also help kids [unplug from screen time](#) and become more mindful of their body and emotions.
- There are many ways to incorporate a yoga practice into your kids' lives that are fun, free, and effective! Check out youtube, apps, your subscription streaming services or on demand TV. Let your kids choose one they like and practice together!
- Make [yoga a game](#)! Games like The Yoga Garden Game incorporate yoga poses with a board game or develop your own game of creating poses after different animals.



Making Outdoor Hikes Fun!

- September is the great month to get outdoors, of course, safely with social distancing! The weather has cooled off from the summer heat. Being in nature at this time of year is beneficial for both adults and kids. [Hiking](#) allows the whole family to enjoy the outdoors while also engaging in some physical exertion. Finding ways to make hiking fun will ensure your kids enjoy the [outdoor](#) time.
- Play a nature scavenger hunt. Look up native plants and animals/birds in your area and see who can identify the most.

Parent Power Tips from the SuperKids Nutrition Founder

Being at home more often makes [healthier snacks](#) more challenging. Stock up on healthier whole foods and keep them in plain sight! Chopped veggies, fresh fruit, low-fat cheese, bean dips, and nut butters should be visible when opening the refrigerator.

Try this tasty Tai Cucumber Salad.

Ingredients:

- ½ large English cucumber (14")
- 1 medium green bell pepper
- 1/3 cup chopped green onions (use more of the tops)
- ¼ cup lime juice
- 1 tsp white balsamic
- ½ tsp sesame oil
- 1 tbsp Thai sweet chili sauce (Ex: Thai Kitchen)

Directions

1. In a large bowl, add ¼ slices of cucumber.
2. Dice the bell pepper. Combine.
3. Chop the green onions. Combine.
4. Fold in the lime juice, white balsamic, sesame oil, and Thai sweet chili sauce
5. Serve as a side dish or topped with your favorite protein!



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