

## Fruits Word Search

X T Q A P R I C O T P W E S U  
 R A Y A Y A P A P C V A P I C  
 V N E D N I E G L F P T A Y Y  
 R G Z I K E A E T I K E R M O  
 G E R V G P C J H G L R G U E  
 A R A A P W U T R C E M V L E  
 W I N L P D Z H A B Y E I P L  
 H N E C R E O O W R O L U G P  
 M E F F V N F A P Z I O G D P  
 F Y C K E P R R N P L N P P A  
 N R L Y J T E M U A H G E R E  
 K R D F S A R A T I H R A G N  
 V E H C A E P N X T T B R D I  
 W H P Q D V A G B A N A N A P  
 U C J X F C Z O R A N G E L U

### Words List

apple	mango
strawberry	pineapple
grape	apricot
papaya	tangerine
honeydew	grapefruit
pear	peach
lychee	nectarine
plum	watermelon
cherry	orange
banana	fig
	cantaloupe

*www.freewordsearch.net*

### Strength Exercise: Side Leg Raises

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10 to 15 times
6. Repeat 10 to 15 times with other leg.
7. Repeat 10 to 15 more times with each leg.



*NIHSeniorhealth.gov*

### The Benefits of Peanut Butter

Not only is it delicious, it has plenty of health benefits as well. One serving (two tablespoons) of peanut butter has 2 grams of fiber & 7 grams of protein per serving. Fiber & protein help fill you up & keep you feeling fuller longer, and protein is important for building & repairing muscles. Peanut butter also contains heart-healthy monounsaturated fats, immunity boosting vitamin B6, bone-building magnesium, potassium, & vitamin E. Try these easy & delicious ideas:

- Stir 2 tablespoons into hot oatmeal for a flavorful boost of energy in the morning.
- Spread on pancakes, waffles, and muffins as a healthy alternative to syrup & butter.
- Mix with plain yogurt & honey for a delicious snack or to use as a dip.
- Use as a dip for your favorite fruits & veggies, such as apples or celery, or spread on crackers & pretzels.
- Try a grilled peanut butter & banana sandwich.

*www.prevention.com*