

Healthy Ways to Stay Connected

Date Night

Being in close quarters with your significant other does not always mean staying connected. Improve quality time and your health with dinner and a yoga session. Next Saturday night, swap a movie for partner yoga and the pasta for “zoodles” for a new healthy spin on date night!

Pro Tip: Save time with prepared zucchini noodles. You can find them from many brands in the produce and freezer section of your grocery store.

Exercise: [Partner Yoga](#)

Meal: [Puttanesca Zucchini Noodles "Zoodles"](#)

Family Times

Keeping your whole family fit and healthy while also enjoying some quality time together can be challenging. Get the family moving with fitness card and dice games or a Simon Says workout. Once you worked up an appetite, gather the kids in the kitchen to make a no added sugar smoothie and oatmeal raisin cookie “goodie”!

Exercise: [Fitness Card and Dice Games](#)

Meal: Banana PB&J Smoothie and Oatmeal Raisin Goodie

Friendship Bonding

Reconnect with friends while you sweat with the alphabet name workout challenge. Alternatively, pick a few friends to go on a morning walk with three times each week, virtually of course! Afterwards, challenge your friends to a high fiber brunch. Find a way to include a high fiber food such as quinoa, beans, lentils and vegetables into a brunch dish and enjoy via video. Impress your friends with kale at brunch with this Shakshuka recipe.

Exercise: [Alphabet Name Challenge](#)

Meal: [Shakshuka](#)



Banana PB&J Smoothie

- ¼ cup rolled oats
- 2 TBSP almond butter
- ½ tsp chia seeds
- ½ cup plain yogurt
- 1 banana
- ½ cup milk
- 1 cup strawberries, frozen

Combine all ingredients in a blender with ½ cup ice cubes and blend until smooth.



Oatmeal Raisin Goodie

- 1 ½ cups rolled or quick oats
- 2 medium ripe bananas
- ½ cup raisins

1. Preheat oven to 350 °F and coat baking sheet with cooking spray.
2. Using the back of a fork, mash bananas in a medium bowl. Add in oats and stir until mixed together. Stir in raisins.
3. Scoop one heaping tablespoon to form a cookie and place on baking sheet. This will make about 12 cookies.
4. Cook for 12-15 minutes or until lightly golden.