

# WASHINGTON COUNTY 4-H HEALTHY LIVING TEAM

## *December Newsletter*

December is a month of giving and kindness. Giving is selfless and the act of kindness is not expecting anything in return. The act of giving and not receiving as well as showing kindness, gives us the opportunity to realize how blessed and lucky we are. Research has shown that showing others kindness can make us generally more happy ourselves.

This can help our mental health. As we come closer to the holiday season, this year more than ever, we must remember that it's more about the non-materialistic things, like our health and family. **GIVING** is better than **RECEIVING**.

### HOLIDAY HEALTHY SNACK

#### *Chunky Monkey Banana Bites*

- *3 bananas (sliced)*
- *1/4 cup peanut butter (PB)*
- *1/2 package chocolate chips*
- *2 tsp coconut oil*

1. *Arrange half of the slices on baking sheet*

2. *Microwave PB and spoon onto banana slices; top with other half of slices; freeze about 2 hours*

3. *Melt chocolate and coconut oil together*

4. *Take bites out of freezer and coat in chocolate; place on sheet*

5. *Return to freezer until ready to eat*



A big part of healthy living is eating healthy of course! When we feel low on energy and we're in a rush, we often pick the fastest and least healthy snack. Well, this holiday healthy snack can help.

**Recipe from Grace Kellner,  
Washington County Healthy  
Living Ambassador and Honor  
Club President**

## WORDS OF WISDOM

*"We make a living by what we get. We make a life by what we give."-Winston Churchill*

***Quote from Spencer Nelson, Honor Club Vice President***

## CITIZENSHIP NEAR YOU

*One way of living a happy and healthy life is doing things for others to help them live one, too. The Second Harvest Food Bank of Northeast Tennessee is constantly taking in donations. A simple donation of food or health necessities not only gives you the chance to give to others, but it makes you feel better on the inside. It also helps you realize how blessed you are and how the holidays should be about spreading love and joy instead of focusing on yourself. This is a citizenship project near you that you can be a part of also. All you have to do is gather some of the items listed, pack them up, and drop them off at The Second Harvest Food Bank.*

***Report by Rebecca Pearson,  
Honor Club Secretary***



### Items

Peanut Butter  
Canned Fruits  
Canned Soups  
Canned Vegetables  
Cereals  
Oatmeal  
Boxed Pasta  
Kid's Snack Items  
Toilet Paper  
Diapers and Wipes  
Baby Food  
Toiletries

# EASY EXERCISE WORKOUT

**Workout from Tessa Arney,  
Honor Club Tech-Team**

*Exercise is an important part of living a happy and healthy life too. One form of exercise is yoga. It often boosts your mood, improves strength, relaxes you, and helps manage stress. All of these are good for your health, both physically and mentally.*

*Here is an quick and easy routine:*

- *Mountain, Plank, Easy Seat*
- *Nerd, Downward Dog, Low Lunge*
- *High Lunge, Warrior 1 and 2*
- *Half Standing, Triangle, Tree*
- *Baby Cobra, Locust, Chair*
- *Cat, Cow, Half Seated Twist*
- *Child, Corpse*



## A CAPTURE OF LIFE



**Photo taken by  
Jaelyn Fleener, Honor  
Club Photographer**

Many people look forward to the first snow of the year because it somehow symbolizes new beginnings. It's also beautiful and mentally calming.