

Get up and get moving: *Fitness & Nutrition Tips*



Susan Lepri, CEO Diesel Max Empire
SueLepri@gmail.com

You can't
get where
you want to
go by
staying
where you
are.



**NUTRITION FOCUSED:
make homemade
healthy veggie snacks
& treats**



BEETS & BERRIES POPSICLES



Veggies in the form of a popsicles? YES! Because no one ever did turn down a popsicle.



PLAY WITH YOUR FOOD: VEGGIE PEOPLE



Yep, play with your food. We know your mom wouldn't approve, but hey — the times, they're a-changin'. If having a little fun with food will encourage kids to eat better, we're all for it.

www.sheknows.com



RAINBOW VEGGIE FLATBREAD PIZZA



gimmesomeoven.com

Keep it Colorful With Rainbow Flatbread Pizza Don't fight it. This colorful version is super-fun and healthy too.



BAKED VEGGIE FRIES



What if your kids magically ate everything that was on their plate? That's no surprise when fries are on the menu. These tasty treats have got good things going for them. They're fries — and hey, there's dip!

potterybarn.com/baked-veggie-fries/



VEGGIE FRUIT SNACKS



That box of fruit snacks from the store? It's definitely *not* veggies... and maybe not even fruit. Kids will be pleasantly fooled by this healthy (shhh — and veggie-loaded) alternative.

modernparentsmessykids.com



Nutrition Tips:

- »»» eat more veggies (5 /day)
- »»» drink more water
- »»» try new homemade recipes
- »»» have fun with food
- »»» make memories