



FLIP Newsletter

Summer Edition



What has FLIP been up to this summer?

Each summer, FLIP partners with a camp that is held at Maywood Fine Arts!

In addition to dance, drama, tumbling, drumming, art, and many more wonderful classes, each group of students partakes in nutrition classes. There, they learn and reinforce healthy behaviors that can help set them up for success later in life.

Topics that we went over with the kids included:

- Importance of sleep
- Mindfulness and meditation
- Mental health resources
- Good fats vs. bad fats
- Importance of the environment
- Learning how to grow your own fresh foods like basil

Check out some of the information that we sent home with our campers on these flyers:

Head to our website or click [here](#) to view the full flyers for each week

- Week 1: What is wellness? Why is physical activity important?
- Week 2: Why is a balanced diet important?
- Week 3: What is a serving/how can I measure my food? How can I avoid sugary foods?
- Week 4: Are all fats bad for you? What is the difference between a good and a bad fat?
- Week 5: Why is getting enough sleep important? How can I get the proper amount of sleep?



RECIPES TO TRY BEFORE SUMMER ENDS!



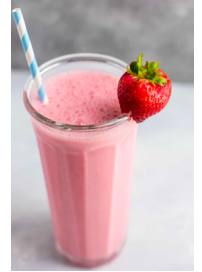
Fresh Citrus Salad

Get your vitamin c in with this fruit salad that has mandarins, grapes, apples, and bananas!



Strawberry Kale Smoothie

Love fruit but not vegetables? This smoothie has kale in it for the health benefits, but tastes like strawberries!



Chicken Charger Wrap



This chicken wrap only requires a few ingredients, and can be made by using whatever toppings you prefer!



These easy snack bites are made with oatmeal, peanut butter, and honey for a sweet treat, with added protein!

Oatmeal Energy Bites

Click [here](https://meklund7.wixsite.com/flip) or visit <https://meklund7.wixsite.com/flip> for the full recipes!

Do you want a 1:1 coaching session for setting goals? Reach out to us and will be happy to work with you! This service is completely free. Nallely and Olivia from the FLiP Team lead the sessions. Contact us on Facebook, email, or through our website below.



 FLIP Loyola  familylifestyleprogram@gmail.com  meklund7.wixsite.com/flip



The Family Lifestyle Program (FLiP) is a health promotion program developed by members of Loyola University and Dominican University in partnership with Maywood Fine Arts for families to improve our lifestyle and have a happier and healthier life.

FLiP focuses on providing guidance on nutrition and healthy lifestyle behaviors with educational resources that are easily accessible.