

February is Bake for Family Fun Month

Baking is an inexpensive family activity that provides opportunities for families to share baking traditions, recipes and family heritage that can be handed down through each generation.

Below are some tips on how to get started.

- **Do some prep work.** Prep by reading and trying the recipe first. Add 20 to 30 minutes to explain, show and guide beginners and 15 minutes for intermediates or experienced bakers. Divide it into two sessions if needed, or pre-measure or prepare some steps beforehand.
- **Keep it clean.** Remember to wash hands and countertops before starting and cleaning up after you're done.
- **Take it one-step at a time.** Read the recipe, gather ingredients, and make sure nothing was left out.
- **Use the right tools** and do a safe kitchen checklist.

Baking can be a learning experience. Children and adults learn a lot together in the kitchen. The results of cooking or baking together contributes to stronger relationships at home and in groups and children learn time management, team skills, following directions, and problem solving.



Love Walking

Habitual walkers say "I love to walk!" because they understand that a love for walking also includes an attitude of acceptance and choosing to love walking.

When you walk encourage a friend or loved one to walk with you. The two most influential ways to do so are to quote a credible source, such as the American Heart Association or the Centers for Disease Control, and to talk about the benefits. People are more likely to be physically active if they are encouraged by the benefits rather than hearing a negative fear message.

Walking LOVES me! Research has shown that walking at least 30 minutes a day is beneficial in the following ways:

- Walking inspires by giving a person time to think and get creative.
- Walking gives hope. Physical exercise such as walking reduces depressive thoughts.
- Walking reduces the risk of high blood pressure, diabetes, stroke and symptoms of arthritis.
- Walking lowers the risk of obesity and helps you maintain a healthy weight.
- Walking reduces your risk of osteoporosis.

Embrace the challenge positively to develop a lasting relationship with walking. Double the love and invite a special someone to go walking with you.

