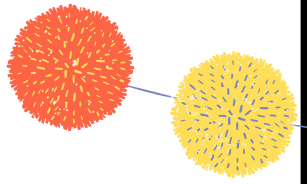
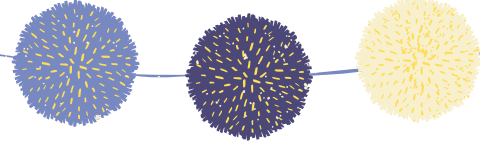
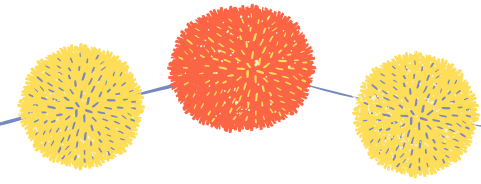
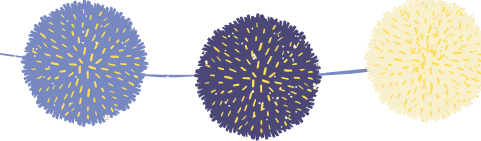
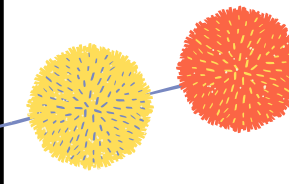

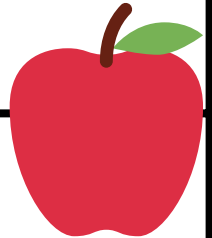



September Family Activity Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|--|
|  |  |  |  |  | 1  Family Sports Day | 2 Fall F&V |
| 3 Bars & Bites | 4 Labor Day HIIT It! | 5 Grill It Up | 6 5 Minute Fitness | 7 Dinner on the Go | 8 Family Sports Day | 9 Fall F&V |
| 10 Bars & Bites  | 11 Patriot Day HIIT It! | 12 Grill It Up | 13 5 Minute Fitness | 14 Dinner on the Go | 15 Family Sports Day | 16 Rosh Hashanah Fall F&V |
| 17 Bars & Bites | 18 HIIT It! | 19 Grill It Up | 20 5 Minute Fitness | 21 Dinner on the Go | 22 Family Sports Day | 23 Fall Begins Fall F&V |
| 24 Bars & Bites | 25 Yom Kippur HIIT It! | 26 Grill It Up | 27 5 Minute Fitness | 28 Dinner on the Go | 29 Family Sports Day | 30 Sukkot Begins Fall F&V  |

The Details

Family Sports Day Each Friday, find a sport your family can do together at a park, in the yard, or even at a local gym. Toss a baseball. Play Frisbee or volleyball. Maybe play tennis or basketball.

Fall Fruits & Veggies There are lots of fruits and vegetables available fresh in the fall. Check out a Farmers' Market for straight from the garden produce. Each week we will feature a new item and some fun things to do with it.

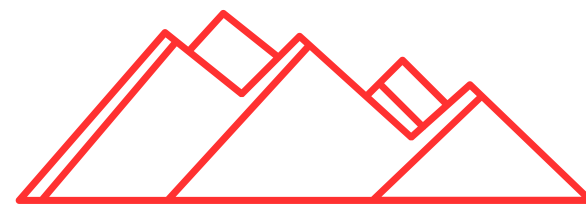
Bars & Bites We're always on the lookout for new snack ideas. We've got some granola bar and protein bite ideas for you to try. Look for our new reel posted on Sundays with recipes.

HIIT It! High Intensity Interval Training will give you short bursts of exercise to raise your heart rate followed by a brief rest. Build up to a 2 minute workout with new moves each week.

Grill It Up It's not crock-pot season yet! Try some of these grilling ideas for back-to-school dinners.

5 Minute Fitness Watch for a video to be posted online with a simple fitness routine for the whole family.

Dinner on the Go Meal ideas that are easy to take to the dance studio, ballfields, pool, or for field meals for those on the farm.



Julia on the Edge 2023