

June 2013

Grow Your Garden

Gardening can be fun! It also provides physical activity and delicious fruits and vegetables the whole family will enjoy around the dinner table. Don't forget to check out the Garden for a Bargain Calendar for gardening tips. Also, look at the In Season Fruits and Vegetables page to help you and your family eat fresh all year long!

Gardening Fun

Gardening can be quite the workout. Here are a few ideas of how to get in some extra physical activity while caring for your garden:

- **Planting:** Turn it into a race; see who can plant their row first.
- **Watering:** Try watering with the hose instead of turning on the sprinkler.
- **Weeding:** Pull out the hoe and trowel, weeding sure can break a sweat.
- **Harvesting:** If you decide to give away extra produce, walk over instead of hopping in the car to take it to a neighbor or friend.

Eating Fresh

- Decide as a family what your favorite fruits and vegetables are and plant those to start.
- Set aside a day of the week for everyone to help plant the garden.
- Set up a watering and weeding schedule using the Garden for a Bargain Calendar.
- Look up a new recipe using some of the fruits and vegetables from your garden.
- Have more produce than your family can eat? Share it with a neighbor or co-worker.



3 Ways to "Grow" Positive Thinking in your Children

Cultivate Gratitude

Once a week, share with your child the things that you are grateful for. Then ask your child to reciprocate.

Teach your Child to be Proactive

Whenever your child is facing a situation that feels overwhelming you can help him/her make a list of possible actions.

Model Optimism

If you tell them to be optimistic but then are pessimistic yourself, they may learn to follow your example and not your words.

**For an example of the power of positive thinking,
click on the link below.**

[DailyAffirmation](#)



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