

Spring Fling

May 2013

After a long winter, spring is a great time to be active and enjoy the wonderful fresh fruit and vegetables as a family. This spring, use the tips below to give yourself a new outlook on getting active, healthy eating and positive thinking. Don't forget to check out the Spring Fling Bingo cards to help you spring into action and eat fresh foods all month long!

Spring into Action

- Sign up to walk or run for a cause as a family
- Explore the outdoors by hiking, backpacking or camping
- Fly kites
- Go on a treasure hunt by [geochacing!](#)
- Enjoy a picnic in the sun
- Go on a bug safari
- Check out the *Spring Fling Calendar* to schedule a fun family adventure and for outdoor safety tips!

Fresh Foods

- Eat one meal a week that does not contain any processed foods and make sure to plan it on the *Spring Fling Calendar!*
- Add sides of fresh fruit or vegetables to dinners
- Make fresh fruit and veggies more appetizing by dipping them in low-fat yogurt or low-fat ranch
- Cut up fresh fruit and put them on skewers for a fruit kabob



3 Ways to Foster Optimism in your Kids

Challenge Catastrophic Thinking

When you listen to your child's complaints, be on the lookout for words like "never" "always" "everyone" and "no one". Help your child find a different way of expressing their concerns.

Practice Altruism

A child who is actively helping or giving to someone else feels effective and empowered.

Give Them Opportunities to Succeed

Helping your child find areas or activities where he/she will feel successful is vital in fostering optimism. You may want to find an activity in which they can succeed and praise even small successes.

For a motivational pep talk on succeeding, click on the link below:

[ThumbsUpforRockandRoll](#)



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