

FITNESS FUN @ WCA

1 Corinthians 6:19-20

“Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.”



Growing Nutritious Foods

According to an article written by Jennie Lyon for inhabitots.com, there are 7 fruits and vegetables that are easy for children to grow.

“Gardening is a fantastic activity that everyone in your family will enjoy, especially your children. It is the perfect way to spend several days a week working together outside in the fresh air and sunshine. Gardening is also great for instilling a sense of responsibility, cooperative learning and excitement in your child. Not to mention, when all is said and done, you are left with a beautiful bounty of fresh, organic foods that your family grew together—and will enjoy eating together.” Here is a list of the seven types of fruits and vegetables that will be easy for your child to grow and they can enjoy eating as well:

1. Peas – grow all summer long
2. Sunflowers – can reach heights up to 15 feet tall
3. Strawberries – nature’s sweet candy
4. Cabbage – some variety’s grow giant heads that reach over 50 pounds
5. Radishes – grow quickly
6. Potatoes – can be grown in a laundry basket 😊
7. Walking Stick Kale – can grow up to 10 feet tall and at the end of its growing, you are left with a walking stick for your family hikes

Not only are there many health benefits to growing and eating from your own garden, but there are also many fitness benefits as well. Spending time working in the garden is a great way to encourage your child to exercise and maintain a healthy lifestyle.

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