

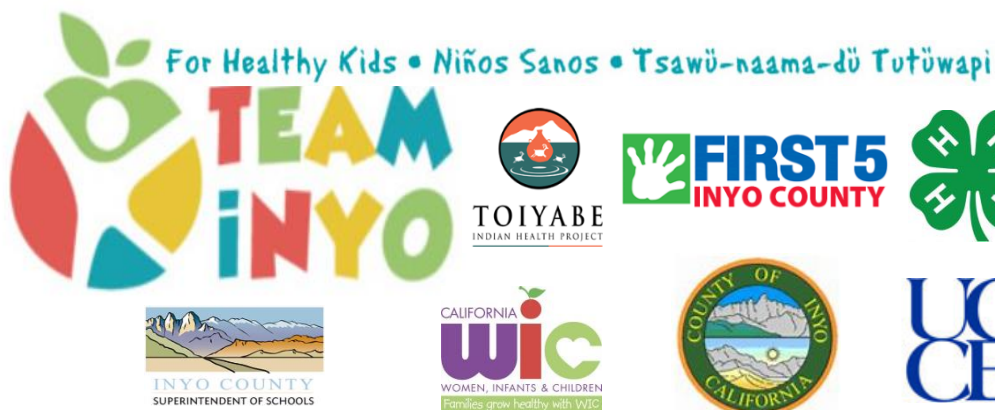


MARCH 12th – 16th, 2018

TEAM INYO WEEK

Eat smart, be active with the whole family! This week we are celebrating healthy living. **Post a photo of your family joining the activities on Facebook or Instagram with #TeamInyo for a chance to win prizes.** We have events that the whole family can enjoy. Whether it be making a meatless meal at home, drinking more water, or getting outside; it's all about having fun while being healthy. Check out our website at www.teaminyo.com for more tips on recipes for eating smart and staying active.

Team Inyo was started in 2010 by a coalition of organizations throughout Inyo County to promote healthy living.



MyPlate Monday - 3/12

Post your favorite veggilicious, well balanced meal with your family for tonight's dinner.

No Take-Out Tuesday – 3/13

Get the whole family together to enjoy a good ole' home cooked meal.

Walk on Wednesday- 3/14

Partner up and walk to school; don't forget to look both ways!

Think Water Thursday – 3/15

Skip the energy drinks, juice, and sport drinks. Nothing is tastier or better for you than a refreshing glass of water.

Fun Physical Activity Friday – 3/16

Let's get physical, physical. After all, the weekend is here! Run, jump, skip, play, dance... whatever it is, just get going.

Check out the other awesome events going on this week on our website and Facebook.

For More Information

Email: info@teaminyo.com

Facebook: Team Inyo for Healthy Kids

Website: www.teaminyo.com