



Muskegon YMCA

Healthy Living Tips

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Our fun tips for today could keep you busy all weekend. We hope you've been enjoying them.

Healthy Eating

If you are craving crunchy or salty snacks, try making your own tortilla chips, potato chips, or sweet potato fries. Dust off an old cook book or use Google to find recipes.



Physical Activity


Physical Activity Tip of the Day: Learn to juggle. Start small and light with plastic bags and work your way to tennis balls. With enough practice you may be able to juggle basketballs!




Social Distancing

Spring is near, which means spring cleaning is too. Spend a few minutes cleaning the top of your cupboards.





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