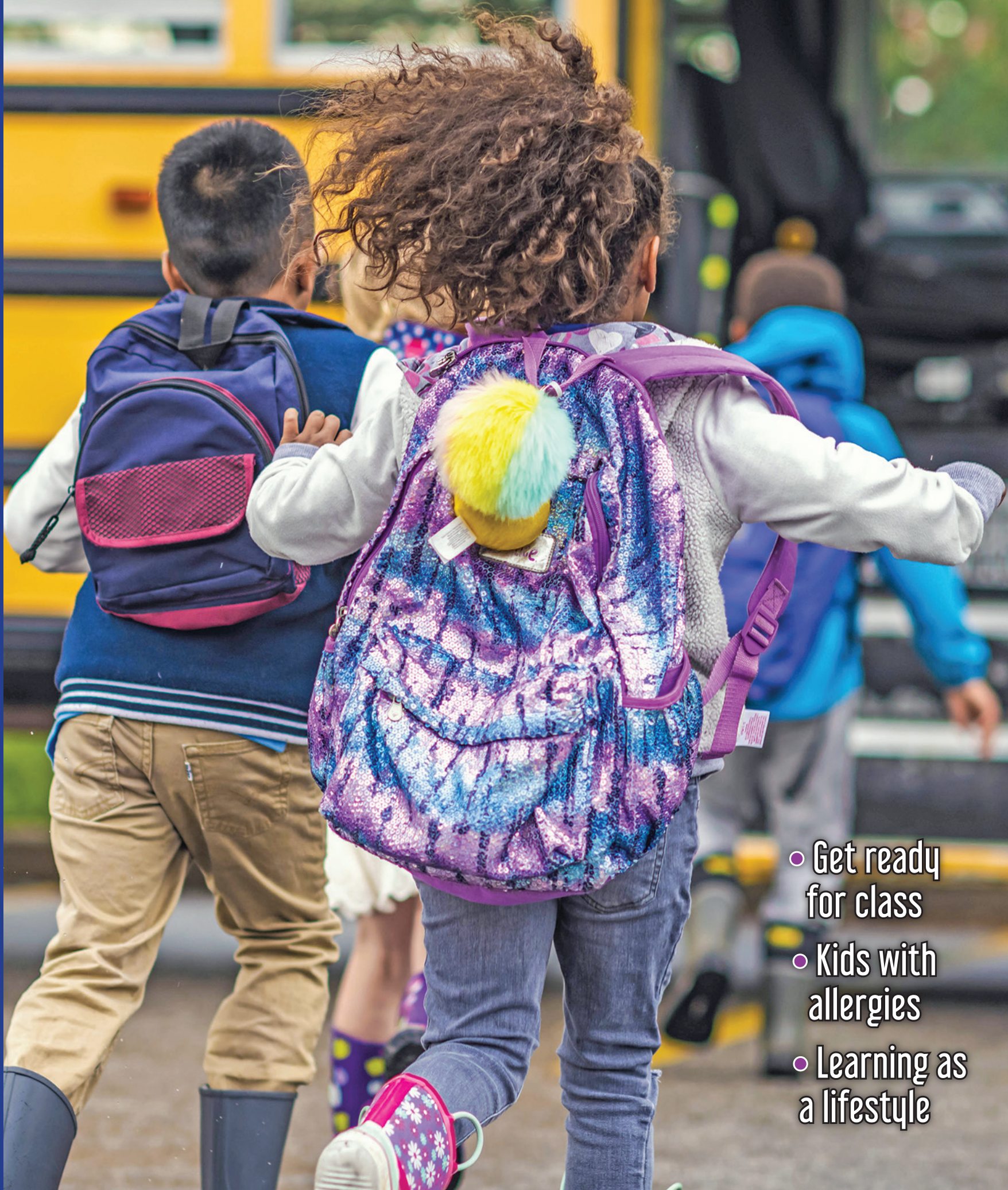


HEALTH & FITNESS



- Get ready for class
- Kids with allergies
- Learning as a lifestyle



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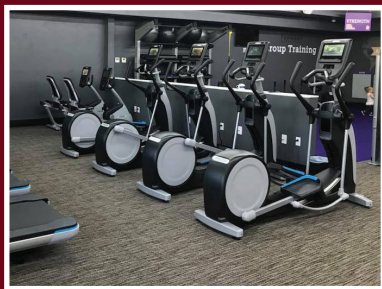


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Get ready *for* class

Tips and tricks to get kids ready (and excited) to head back to school

With the coming school year fast approaching, it's time to help students and parents trade in pool floaties for school backpacks. To get us started, Amazon teamed up with lifestyle expert and mom Erica Domesek to share her five top tips to rock the return to the classroom.

Get crafty

Help your kids get excited for the new school year and show off their unique personalities by getting your craft on. Personalizing school supplies – from binders, to backpacks, to calculators – is an easy way to help students show up on the first day with confidence.

All you need are stickers, markers, and appliques (you can find everything on Amazon!). I'm a big fan of DIY crafts, so my son and I customized his water bottle and lunchbox with stickers of his favorite things – dinosaurs and trucks – before he heads to his first day of preschool.

Show up in style

Tired of your kiddos saying they have "nothing" to wear? Take the stress out of first day outfit planning and use the weeks leading up to school to take stock of what clothes your kids have grown out of and what they need to be picture-day ready. Amazon is a one-stop destination for all fall fashion needs from head to toe with the added comfort of browsing together from the couch. Plus, Amazon Prime members enjoy free Same-Day

Delivery on hundreds of thousands of items in over 90 major metropolitan areas, and free One-Day Delivery on more than 20 million items coast to coast. When your clothing items arrive, hold a fashion show at home to show off your new haul and make outfit planning a breeze.

Make a list

As a busy parent, staying organized is a constant pursuit. I use Amazon's Back to School shopping guide which helps me spend less time stressing over my shopping list and more time soaking in those last weeks of summer! You can even shop for items by grade, category, and your child's favorite character.

Liven up lunchtime

Make your child's favorite unofficial subject – lunchtime – even more exciting by building a back-to-school menu. Taste test new combinations of their favorite ingredients and take the stress out of packing lunches and snacks with a school lunch calendar. Need some inspiration? You can ask Alexa for recipe ideas – simply ask, "Alexa, what should my family have for lunch?"

Give back

With Amazon, it's easy to give back to causes you care about while back-to-school shopping. Just head to smile.amazon.com to find the same shopping experience, and AmazonSmile will donate a portion of the eligible purchase price to a charity of your choice like schools, PTAs, and national organizations, at no extra cost.

Visit amazon.com/backtoschool to find everything you need including crafting materials, back-to-school fashion, classroom essentials, and so much more.

(BPT)

HEALTH & Fitness

Fall 2022

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above: Help prepare the kids to go back to school. Get crafty and personalize their supplies with them. Take them shopping for their new school supplies and clothes so they have a say in what they will carry and/or wear.

STOCK PHOTO Health & Fitness



Performance pointers that can help student athletes avoid injury

Professional sports teams often note that injuries are part of the game. That notion is never too far from professional athletes' minds, but it can be a harsh reality for student athletes to confront, especially if they have never before been sidelined by injury. Here are some tips to keep young athletes healthy:

Eat well

A healthy diet benefits people from all walks of life, and it can be especially beneficial for student athletes. Precisely what defines a healthy diet depends on variables specific to the athletes, such as age and gender, but Nemours Children's Health notes that balance is vital for teenage athletes.

Avoid cutting back on carbohydrates, which provide fuel for young athletes. When choosing carbs, opt for fruits, vegetables and whole grains instead of sugar-laden options like candy bars. The latter can provide a quick energy burst but then cause an energy crash that makes athletes feel fatigued.

In-game fatigue can increase risk of injury. In addition, calcium and iron can be vital to young athletes looking to avoid injury. Calcium helps strengthen bones while iron carries much-needed oxygen to athletes' muscles. Protein is important for athletes, but Nemours notes that most teenage athletes who eat healthy diets already get ample protein. As a result, protein powders and shakes are not necessary for teenage muscle growth.

Sleep well

Make a good night's rest part of athletes' routine. A good night's rest is vital for student athletes, as it ensures they aren't playing tired. Tired athletes have slower reaction times and that can increase

injury risk.

Adequate sleep also benefits athletes' performance. A 2015 study published in the journal *Physiology and Behavior* found that athletes who increased their nightly sleep from seven to nine hours experienced significantly improved performance after doing so.

Play well

Emphasize the rules of the game. The rules of the game aren't in place solely to encourage fair play. Rules also are designed to keep athletes safe. For example, student athletes who play contact sports, including football and soccer, should be taught proper ways to tackle so they can avoid injuring themselves and others. Coaches can reinforce these lessons during practices and even games if the need arises.

Train well

Prioritize offseason conditioning. Rest and recovery is vital for any athlete, but especially student athletes whose bodies are still growing and changing. Offseasons have largely fallen by the wayside, but parents can protect their student athletes by encouraging them to avoid year-round competition.

During periods when student athletes aren't competing, they can forgo in-season workout routines to reduce their risk for overuse injuries while also improving their conditioning through cardiovascular workouts.

Running on a treadmill, using an elliptical machine and/or swimming are great activities that make it easy for student athletes to keep their bodies in shape as their muscles and joints recover from the season.

(METRO CREATIVE)



Though there's no foolproof way for athletes to avoid injury, student athletes and their families can consider these preventive measures to reduce their risk of being sidelined.

STOCK PHOTO Health & Fitness

How much should a backpack weigh?



Overloaded and heavy backpacks can cause injury. Whenever possible, individuals may want to use trolley backpacks, which are on wheels. They can be dragged, alleviating the need to carry heavy loads.

STOCK PHOTO Health & Fitness

Backpacks are handy tools that carry an array of gear. Students rely on them to hold books, while hikers and campers utilize backpacks to carry items such as food and beverages that keep them safe on trails. Even office workers may turn to backpacks to carry laptops or other tools of the trade.

Backpacks are handy resources, but overstuffed backpacks may cause injury. Backpacks should only carry weight that people can handle, and there are guidelines that can help people safely utilize backpacks.

The weight of a backpack depends on the age of the person using it. Generally speaking, adults should not exceed 20 percent of total body mass when loading backpacks. That means a healthy person weighing 200 pounds should not carry more than 40 pounds in his or her backpack.

In regard to children, researchers indicate that a child's backpack should weigh no more than 10 percent of what the student weighs. Those findings are based on a Spanish study involving 49 primary

school-aged children. Therefore, if a child weighs 70 pounds, he or she should only carry up to 7 pounds in the backpack.

Individuals also should follow a few other backpack recommendations to alleviate injuries. It's not a good idea to wear a backpack hanging from only one shoulder. A backpack should be worn on both shoulders, and ideally with a lumbar strap. This will help to prevent muscular pains by providing well-rounded support.

A backpack with wide, padded straps can minimize pressure on the shoulders, back and collarbone. Backpacks made of lightweight material will not add much additional weight to what's being carried. Another tip is for children and adults to pack the heaviest item carried in the backpack closest to the center of the back to minimize strain.

Failure to follow guidelines may result in pain and injuries and have negative effects on balance, which may increase the risk of falls or other injuries.

(METRO CREATIVE)

Making connections in college

Cool sites and apps to help make friends

Heading off to college can be an exciting, yet stressful time. You'll be moving away from the friends and family you've known your whole life and will be living with roommates and making completely new groups of friends.

Luckily, (especially for shy students) there are many social media platforms and apps to help meet people, connect and showcase your personality. Here are just a few to consider:

Network a new way

For students just starting their college search, in the application process or already in college, the free ZeeMee app provides a variety of networking features for each step of the way.

ZeeMee allows students applying to college to supplement their admissions materials with a collection of images, videos and documents that showcase their achievements beyond grades and essays. And once admitted, community and chat features offer an easy way to connect and make friends at the school.

Show your personality

Whether you're celebrating lifelong friends at their graduation parties or making your new connections feel



Going away to college can be lonely for students. Several social media apps designed for college students may help them make new connections and friends.

PEOPLEIMAGES / ISTOCKPHOTO.COM Health & Fitness

special, there is a SmashUp to be shared. SmashUps by American Greetings are smile-inducing sharable videos that feature celebrities, fun characters and selfies that can be personalized with hundreds of names for numerous occasions.

Simply find the SmashUp that showcases your personality; personalize it

and share via email, text or social media. Plus, with a monthly, yearly or two-year American Greetings account, you'll be able to send an unlimited number of videos to all the new friends you make in the coming semesters.

To sign up for a SmashUps membership, available for \$6.99 a month or \$29.99 a year, visit www.americangreetings.com.

americangreetings.com.

Connect, don't creep

As you prepare to meet your new roommate and classmates at orientation, social media platforms such as Facebook, Instagram and Snapchat are great ways to communicate with your new friends and build relationships.

One word of advice: don't creep on older posts in their social media profiles. Why? Because you may formulate opinions about them before you even get to know each other. You've likely changed quite a bit through your high school years, and likely so have others. And let's be real – it's easy to misrepresent yourself online.

Deck out the dorm

Moving into a dorm requires a lot of stuff, and it can be difficult to determine what you'll need to bring versus what your new roommates may contribute. A college dorm registry is the ideal way for each of you to add everything on your checklist to one convenient gift list that you -- or your friends and family -- can shop with ease. The free MyRegistry.com site and app allows you to create and then sync your registry from your favorite stores to take advantage of their perks. For example, Target offers a great discount on remaining registry items when you shop online. A win-win!

With a few new apps, you'll be on your way to college connection success.

(STATEPOINT)

TIPS FOR SELECTING BIRTH CONTROL WHEN HEADING BACK TO COLLEGE

As college students head back to campus, important decisions about classes, dorms, and part-time jobs are made. At this time in their life, many women will also make important decisions about birth control.

There are multiple birth control methods to choose from, and it can be overwhelming to consider the different options. How well a certain form of birth control works is one important factor to consider, but it's also important to be aware of potential risks. Experts point to three tips that can help women make an informed choice to meet their specific needs:

Health history

A woman's health history is important to consider when choosing birth control. For example, birth control methods that contain the hormone estrogen are not recommended for those who have severe diabetes, a history of migraine headaches with aura, or any genetic blood clotting disorder or personal or family history of clotting. Women can complete a health history questionnaire that they can discuss with their doctor at www.alexrowanfoundation.org.

Reproductive goals

A woman's longer-term reproductive goals, such as the number of children she may want to have in the future or how soon she might want to get pregnant, also should be considered.

Relationship factors

Relationship factors, including the



College students need to consider the best form of birth control when heading off to school. Talk to your doctor about the best choice for your circumstances.

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number of sexual partners a woman might have, how often she has sex, marital status and her partner's preference, also need to be considered.

With these issues in mind, the best method of birth control for any woman is one that is safe, that she is comfortable using, and that she is able to use consistently and correctly.

The birth control pill is one of the most common forms of contraception and

has been used safely and effectively by millions of women for decades, but any form of hormonal birth control, including the pill, patch or ring, can increase a woman's risk for blood clots.

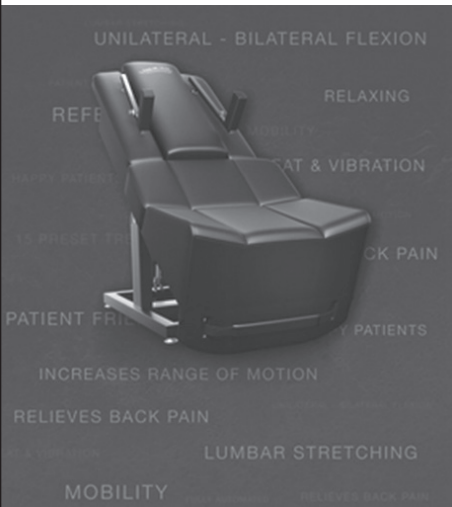
Women who use hormonal birth control should know the symptoms of blood clots in the leg or arm, including: swelling, pain and skin that is warm or discolored. Left untreated, a blood clot in the leg or arm can travel to a person's

lung and be deadly. Symptoms of a blood clot in the lung include: difficulty breathing, chest pain, cough or coughing up blood, and a faster than normal heartbeat.

Seek immediate medical attention if you experience any of these signs or symptoms. Acting quickly may help save your life, or the life of a friend or family member.

(STATEPOINT)

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If your child is dealing with allergies or asthma, you can take proactive steps to help them have the best experience possible this school year.

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How parents can help kids with allergies & asthma

The weeks before school begins are busy for families – full of shopping for supplies and getting ready for the change in routines. Prior to school getting underway is an ideal time to review your child's needs for coping with allergies and asthma.

Keep in mind their needs may change as they get older and move from one environment to another.

"Every time your child begins a new school year, it's a good idea to revisit their allergy or asthma treatment plan with a board-certified allergist," said American College of Allergy, Asthma, and Immunology president Mark Corbett, M.D.

"You can make the most of the new school year by taking a fresh look at your child's health needs and exploring ways to improve their environment to help them feel their best - at home and at school," he added.

Here are tips from ACAAI to help your child have a healthy start to the school year.

See an allergist

If you suspect your child has allergies or asthma, make an appointment with an allergist. Board-certified allergists are trained to help you take control of your child's allergies and asthma so they can live the life they want. An allergist creates an action plan for your child by

determining their triggers and helping them understand what causes symptoms. Studies show that children with asthma who are under the care of an allergist have a 77% reduction in sick days.

Even if your child has seen an allergist before, it's best to update them with your child's current symptoms and review medications. Allergy and asthma symptoms can change as your child matures, and your child's growth may also impact their medications and dosages. Schedule an appointment before the school year begins, or as soon as you can.

Find an allergist near you at ACAAI.org/find-an-allergist.

Communicate with the school

Especially if your child is starting at a new school, but even for each new grade, it's a good idea to talk with classroom staff, administrators and the school nurse. Inform them about your child's current allergy or asthma treatment plan, and what allergens are concerning for your child. Your child's teachers need to know about severe allergies your child may have, including pollen, mold, animal dander (in case of a classroom pet) and foods. If your child has food allergies, put a workable plan in place for home-prepared lunches and substitute classroom snacks as needed. Allergens can hide anywhere in the

classroom, through substances in the room like mold, or pollen floating in from an open window, outside on the playing field – or even from classmates' clothes and backpacks. Monitor changes your child experiences after the school year starts to determine if something at school might be affecting their symptoms.

Speak to school administrators about measures they might take. Depending on what your child is allergic to, changes such as keeping windows closed on high pollen days, limiting carpet in classrooms, fixing leaky faucets and pipes to alleviate mold and installing high-efficiency air filters could make a difference. Let them know that mold in the school can have an adverse effect on kids with allergies and asthma.

Be proactive about viruses

For a child with asthma, contracting any respiratory virus can make their symptoms more serious. Before your child goes back to school, it's important to remind them to follow healthy practices such as frequent handwashing.

Keep your child home when they're sick and make sure everyone in the family is up to date on vaccines, including flu shots and COVID-19 vaccines. If the COVID-19 infection rate in your area is high, consider having your child continue

to wear a mask.

Don't forget the home front

Heading into the colder months, it's crucial to do a thorough housecleaning, and step up any allergy mitigation measures you may have let slide over the summer. Dust and vacuum frequently used rooms, especially your child's bedroom, then wash bedding in the hottest temperature possible. Also, make sure to replace your home's HVAC filter. Putting these regular tasks on your calendar can also be a helpful reminder.

Find more helpful information and resources at ACAAI.org.

(BPT)



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BEST IN THE REGION



Tips to make back-to-school easy for kids and parents

Robot Egg and Cheese Roll Ups

Prep Time: 10 minutes; Cook Time: 5 minutes;
Serves: 2

Ingredients

4 large Eggland's Best eggs
(2 whole eggs, 2 egg whites)
1/4 cup diced onion
1/4 cup diced red bell pepper
1 tablespoon chopped chives
2 6-inch whole wheat tortillas
1/8 cup low-fat shredded mozzarella cheese
2 black olives

Directions

Spray large pan with nonstick cooking

spray and heat to medium-low.

In a small bowl, whisk Eggland's Best eggs and egg whites with onion, peppers and chives. Season with salt and pepper.

Pour egg mixture into pan and cook on medium-low heat, stirring frequently until cooked through about 4 minutes. Add cheese and allow to melt slightly.

Immediately transfer eggs to tortillas and roll up tightly. Garnish with olives for the eyes, chives and bell pepper to create robot antennas.

To find this and more easy and quick recipes that you can make this school year, visit egglandsbest.com.

The back-to-school season can be overwhelming for the whole family. While there's excitement about reuniting with friends and starting a new school year, it can be challenging for parents and kids to get back into a solid routine.

To help busy parents prepare their children mentally and physically to return to the classroom, Registered Dietitian and Nutritionist Dalina Soto has provided the following three simple tips that you can easily incorporate into your fall routine.

Reestablish a sleep routine

Summers often consist of late nights and mornings, so it can be tough for parents and children to adjust to weekday school hours. Before school begins, establish firm sleep and wake times for yourself and the kids.

You don't have to do it all at once. Ease into it by adjusting bedtime and the morning alarm to a half-hour earlier than your current routine. Once a week or every few days, keep moving it earlier until you have reestablished the school year sleep routine. Your family will still get to enjoy the summer and not be completely shocked by the switch come September.

Double down on hydration

During the hot summer months at home, you can keep a close eye on your kids and ensure they drink plenty of water as they play outside. However, during the school year, you aren't able to remind them in between classes to grab a drink. Staying hydrated has its benefits.

In addition to helping your child

stay healthy, regular hydration can boost your child's mood, memory and attention, according to HealthyChildren.org.

To encourage your kids to hydrate during the school week, add a reusable water bottle to your back-to-school shopping list. As you shop, help your child pick out a fun water bottle they can fill up at home and at school.

Start the day right

One way to make your life easier and alleviate stress as you head into the busyness of the fall season is to have some simple, nutritious meals and snacks you can make in a pinch. Eggs are an easy, delicious and nourishing ingredient you can incorporate into any meal at any time of the day.

To start your child's school day off right, cook up a meal with Eggland's Best eggs. Compared to ordinary eggs, they contain more than double the Vitamin B12, which naturally boosts energy to keep your child physically active. Eggland's Best eggs also have 25% less saturated fat, six times more Vitamin D and more than double the Omega-3s, to help improve your child's concentration and brain function in the classroom.

Make breakfast fun with these delicious Robot Egg and Cheese Roll Ups inspired by Disney and Pixar's Lightyear. They're packed with superior nutrition and are easy for parents to make, fun for kids to enjoy and provide lasting benefits for their school day!

For recipes and more, visit www.EBFamilySweeps.com.

(BPT)



Back-to-school quiz for parents

PUT YOUR VACCINATION KNOWLEDGE TO THE TEST

It's that time of year: Kids are squeezing in the last seconds of summer, and parents are working hard to make sure the first days back at school go off without a hitch.

Once kids return to the classroom, it's important to remember that their brains aren't the only things that will be put to the test – their immune systems will, too. Parents, make sure your children are up to date on all recommended vaccinations to help prevent them from getting vaccine-preventable diseases like measles and chickenpox.

Parents, are you ready for your child to go back to school? Take this pop quiz to test your knowledge of routine childhood vaccines.

Which of the following is true about routine childhood vaccines?

A. Well-child visits and recommended vaccinations are essential and help make sure children stay healthy. Children who are not protected by vaccines are more likely to get diseases like measles and whooping cough. These diseases are

extremely contagious and can be very serious, even deadly. In recent years, there have been outbreaks of these diseases in the U.S., especially in communities with low vaccination rates.

B. Children may qualify for no-cost vaccines. The Vaccines for Children (VFC) program offers vaccines at no cost to children who qualify. In fact, about half of American children receive VFC vaccines.

C. Routine vaccinations during childhood help prevent 18 serious diseases. Some children may be behind on their recommended vaccines due to disruptions from the COVID-19 pandemic. Because of this, CDC and the American Academy of Pediatrics (AAP) recommend children catch up on routine childhood vaccinations.

D. All the above.

The answer: D! All of the above.

Learn more about routine childhood vaccination so you can help set your child's health up for success this school year.



Parents want to protect their children as best they can to ensure they can learn and grow – and routine childhood vaccinations are an essential step in getting there.

(BPT)

STOCK PHOTO Health & Fitness



With inflation still rising, cutting costs on back-to-school supplies is a must for most families. Save time and money by planning your shopping expeditions and watching sale flyers.

LIUDMYLA YAREMENKO / ISTOCK VIA GETTY IMAGES PLUS Health & Fitness

Shop smart and spend less this back-to-school season

As the school year approaches, you may be looking for ways to reduce the stress and costs of back-to-school preparations and ease into a new routine.

Thankfully, the experts at Dollar General are offering families suggestions for an easy and affordable return to classes.

School supplies

Start by separating and categorizing students' supplies lists and compare to items that may be left over from the previous school year. To pick up needs in one easy stop, visit a local Dollar General to purchase school supplies that are colorful and cost-effective, with more than 100 back-to-school items priced at \$1 or less.

School and classroom essentials may include notebooks, coloring supplies, backpacks, a reusable water bottle and more. Additionally, a variety of hand sanitizers starting at \$1 can be easily placed into lunchboxes, desks, pencil cases or given to school staff to help stop the spread of germs.

For teachers who want to save big in 2022, sign up for a DG account and get verified for 30% off qualified items on up to four shopping trips through Sept. 9.

Additionally customers can save \$3 on qualifying \$15 or more supply purchases in the stationery, cleaning and paper, and houseware categories through Sept. 9, 2022. All offers are available through DG Digital Coupons online and in the DG App, where customers can load coupons and rewards on an easy-to-use platform and redeem them at checkout.

Healthier eating

Back to school also means after school activities such as clubs and athletics. While juggling practices, rehearsals and club meetings, consider packing healthier snacks to support a busy schedule. Meal prep can also be helpful on busy days, and Dollar General's DG Easy Meals provides access to simple recipes with affordable ingredients to make breakfast, lunch, snacks and dinner easy and stress-free. Entrees like Pecan-Crusted Salmon or Buffalo Chicken Pizza can be made ahead and stored in the fridge or freezer until ready to eat. Dollar General also offers Better For You recipes that provide healthier meal options featuring ingredients available at DG stores.

Organization necessities

As the school year begins and schedules fill up, some find it harder to stay organized. Use a customizable planner or calendar to remind you of pick-up times, parent-teacher conferences and other important appointments. These tools are also great for high school or college students managing a new class schedule. Write out chores on a dry erase board, which can be secured to the side of the fridge, to keep track of daily duties. Finally, if your surfaces tend to collect clutter, a large canvas storage container can be a great way to keep items together for a quick cleanup.

With these back-to-school tips and tricks, you can send students of all ages to their classes prepared with everything on the list, all while saving time and money in the process.

(STATEPOINT)

Learning as a lifestyle

How to supplement classroom learning at home with tech for kids

When the school bell rings at the end of the day, the learning doesn't need to stop. Some of the latest and greatest tech can get kids excited to expand their knowledge at home in ways that are fun, all while supporting and augmenting what happens in the classroom.

Here are some of the coolest tech-infused options to consider introducing to children this school year:

Screen-free fun

LeapPods Max from LeapFrog are comfortable over-the-ear headphones designed to be safe for little ones' ears while offering an immersive audio experience and a break from screen time.

Beyond listening to music, hours of included activities spark a different kind of learning, taking kids on audio adventures, getting their mind and body moving with active challenges, introducing mindfulness activities and more. The included 14-page Adventure Passport guidebook that accompanies the audio adventures pairs engaging soundscapes and animal sounds with detailed illustrations. Play right away with no web connection, downloads or account setup required.

Jump-start to coding

Kids can explore the fundamentals of coding while having fun using apps like Cargo-Bot. Puzzles challenge them to teach a robot to move crates. Another great subscription-based option is Kodable. Offering an array of activities that familiarize kids with coding skills, along with opportunities to create original programs, this self-guided approach allows kids to master 21st century tech skills at their own pace.

Interactive books

Explore exciting new ways to learn with the touch-and-talk pages of the LeapStart Learning Success Bundle. This interactive system includes activities such as games, puzzles and creative challenges to enhance learning and help kids build math, reading, problem-solving skills and more. It comes preloaded with the Go! Go! Cory Carson Superhero School book based on the popular animated series and an additional activity book, and can be expanded with the compatible LeapStart library of books (sold separately).

Covering a variety of preschool through first grade subjects for 2-7-year-olds, each title features more than 30 re-playable activities, so kids can start at the right level and move up when they're ready. For example, the LeapStart Level 1 Preschool 4 Pack features four popular books that focus on the alphabet, shapes and colors, math and baby animals.

(STATEPOINT)



Supplemental learning at home can provide kids with the tools they need to thrive in the classroom. Thankfully, new technology is making it fun, interactive and engaging.

STOCK PHOTO Health & Fitness

There really is someplace like home...



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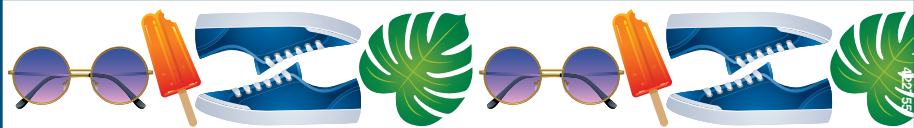
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ADRC of RACINE COUNTY IS OFFERING
A NEW WELLNESS INITIATIVE

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EAT SMART,
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NEW SERIES STARTS SOON
SIGN UP TODAY!

Check it out - a 15-week weight management program that works because it is not a diet - it's a lifestyle!

All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device.

ADRC of Racine County is covering the full cost of the program.

All participants must be Racine County residents and over 60+ years of age.

To register, please contact Taylor Scherer
at taylor.scherer@racinecounty.com



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