

THE BULLDOG CHALLENGE

December



WELLNESS WEDNESDAY ACTIVITY:

Our next Wellness Wednesday will be December 7th. Our guests will be from Flying High and they will feature cheerleading, stunts, and tumbling. Will be lots of FUN!!!

WELLNESS WEDNESDAY FOOD RECIPE

Whole Wheat Bagel Wreaths

Mix light cream cheese with a packet of Italian dressing mix. Spread cream cheese mixture on whole wheat bagels. Chop green, red, and yellow peppers into small pieces and combine. Sprinkle the peppers on top of the bagels and enjoy a festive-looking healthy treat! YUMMY!!!

BONUS POINTS

Win up to 5 BONUS POINTS for meeting the challenges below. Take one point for each achievement!

1. Try the healthy recipe of the month
2. Try a new sport or exercise
3. Take a walk and look at all the holiday decorations
4. Have a fruit everyday
5. Help your parents put up holiday decorations