

TFC TIMES

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Easy and Healthy Thanksgiving Snack for Kids

This peanut butter and pretzel turkey snack is a fun and healthy Thanksgiving snack for kids.

Course Snacks
Cuisine American

Ingredients

- 2 Tbsp peanut butter
- 3 pretzel twists
- 9 pretzel sticks
- 2 candy eyes
- 1 raisin
- 1 cashew

Keyword

snacksforkids, Thanksgiving, Thanksgiving snacks

Prep Time

5 minutes

Total Time

5 minutes

Servings

1 turkey snack

Calories

196kcal

Instructions

1. Take your cookie dough scoop and scoop out a ball of creamy peanut butter. Eject it onto a serving plate.
2. Add candy eyes to the front of peanut butter ball
3. Add cashew nose below eyes.
4. Shape Raisin into a tear drop gobble shape and stick beside the nose.
5. Add three pretzel twists in an arch on top of peanut butter ball.
6. Behind twists, add pretzel sticks in an arch.



Thanksgiving Day
Nov. 24, 2022 - Closed

The Day after
Nov. 25, 2022
Open from 8am -5pm



NOTICE



Please be courteous to all whom are sharing the gym space and working out.
Take your phone calls out of the floor area.
Thank you so much.

Cycle 3000



Make sure to pick up a cycle schedule, because we have added classes and have more to come!

Namaste

Elena will now teach
Tues and Thurs
at 12:00 noon

Why you shouldn't skip leg day

Leg workouts are an important aspect of a balanced, whole-body fitness routine that builds strength, speed, and stability.

It's important to stay consistent with your leg workouts since these large muscles are an integral part of your overall fitness. Plus, it's easier for your body to adapt to the workouts and develop good habits that will help you to meet your fitness goals.

Strong leg muscles keep your body balanced, which isn't possible if you focus solely on your upper body.

Working your glutes, quads, and hamstrings with exercises such as deadlifts, squats, and lunges helps to maximize and boost athletic performance.

Avoid overtraining your quads and balance your routine to target your glutes and hamstrings as well.

Lower-body muscles create a strong, stable foundation. Rooting your lower body into the ground helps to create resistance that travels upward into your core and upper body. You utilize lower-body strength to do all types of movements, including upper-body movements such as throwing, batting, or reaching overhead.

Full article found here, with lots more info on benefits, rest days and more:



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