

Always Motivating Success

# ***Blazing the Trail to Better Health***

**March Edition**

The AMS Health Occupations Students of America (HOSA) finished first in their divisions of Health Education and Career Health Display.

They will compete at the International level in June. They are among the first middle school students in the state to qualify for this event.

There will be a Designer Purse Bingo fundraiser on Friday, April 28 from 6-8 at Midland Trail High School to help support them. Tickets will be \$20.00 prior to the event and \$25.00 at the door. If you have any questions, please contact Ms. Miller or Mrs. Gerwig.

A new study published in the *International Journal of Obesity* now recommends getting at least 15,000 steps a day in comparison to the current 10,000 steps. Participants who walked more than 15,000 steps a day showed no features of metabolic syndrome, and decreased their likelihood of developing heart disease in their lifetimes.

## **Greek Zoodle Salad**

2 zucchini  
¼ cucumber, chopped  
10 cherry tomatoes, halved  
10 pitted olives, halved  
¼ c. thinly sliced red onion  
2 oz. crumbled feta cheese  
2 T. extra virgin olive oil  
2 T. fresh lemon juice  
1 t. dried oregano  
Salt & Pepper to taste

Cut zucchini into noodle-shaped strands using a spiralizing tool. Place "zoodles" in a large bowl and top with cucumber, tomatoes, olives, red onion, and feta cheese.

Whisk olive oil, lemon juice, oregano, salt, and pepper together in a bowl until dressing is smooth; pour over "zoodle" mixture and toss to coat. Marinate salad in refrigerator for 10 to 15 minutes.