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BRUCE BROWN



HSS

FROZEN FRUIT CUPS

INGREDIENTS

- 1 Can Mixed Fruit
- 1 Can Sliced Pears
- 1 Can Sliced Peaches
- 1 Cup Orange Juice

HEALTH BENEFITS

- Orange juice is a good source of vitamin C and potassium.

DIRECTIONS

STEP 1:

Combine mixed fruit, pears, peaches, and orange juice in a bowl and mix.

STEP 2:

Place in disposable plastic cups and cover with plastic wrap or foil.

STEP 3:

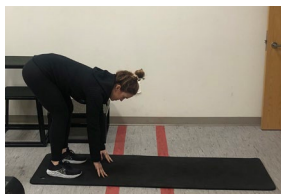
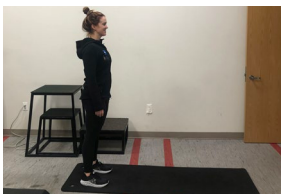
Freeze until firm.

STEP 4:

Before serving, remove from freezer for 45 minutes to thaw.

RECOMMENDED MOVEMENT

PAM GEISEL, EXERCISE PHYSIOLOGIST, HSS



INCHWORM

1. Stand tall with your feet under your hips. Place your hands on the floor in front of you by pushing your hips back and softening your knees. Be sure to keep your stomach engaged and your back straight.
2. Walk yourself out into a high plank position and stop when your hands are directly below your shoulders. Take a pause and then return to a standing position.



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