



Forward Progress 2014

Vol. IV No. 1

Spring is in the air, Dear Friend!



Thank you!

A huge thank you to all the donors, sponsors, interns and volunteers who made HealthStart's Amplify Austin and I Heart HS fun and successful! Between the two events, we were able to raise over \$12,000 for HealthStart's innovative, child-centered health education programs.

Meet the newest HealthStart board members, who were enthusiastically approved at our April meeting.

Jessica Waleke

Jessica is a Marketing and Strategic Planning expert with a commitment to healthy living. Her belief in the power of education as the foundation of healthy kids and communities has led her to HealthStart, and we are excited that she will be sharing her engaging enthusiasm and critical expertise with us. Welcome, Jessica!



Nina Beucler



Nina is a Certified Nutrition and Health Counselor and Yoga teacher with a passion for teaching kids to be vibrant, healthy human beings. As a public speaker and educator, Nina brings an articulate, energetic voice to HealthStart.

Welcome, Nina!

An Eventful Time for HealthStart

Amplify Austin Kick-Off Party at EZ's Brick Oven and Grill-- March 20



I Heart HS Wine Tasting and Silent Auction at The Red Room Lounge--April 13



HealthStart Hero Award



Welcome to I Heart HS



HealthStart Goes Mobile with Monstralia

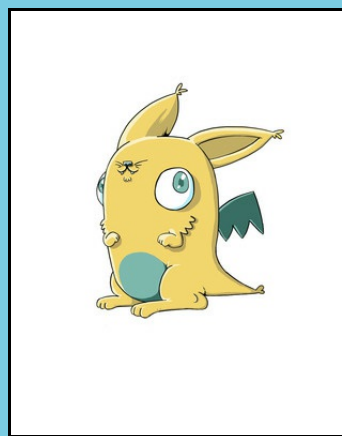
HealthStart has teamed up with Austin Community College to take learning beyond the classroom. We posed the following question:

"How do you translate a classroom curriculum into an engaging game for children that encourages behavioral change and whose success can be measured?"

To answer this question, Michael McGar, ACC Professor, and a team of 12 students developed Monstralia, an interactive game for 3-6 years olds and their parents that can be used on.....[more](#)

What's New at HealthStart?

Rabbat is the latest adorable monster friend from HealthStart's game app, Monstralia. We think Rabbat needs big, girly eyelashes. Let us know if you agree (or not!) on Facebook or Twitter.



Thinkery Workshop- Meet Your Brain

Fun activities, ten-dollar words (amygdala! hippocampus!) and a nutritious, delicious recipe to nourish our brains are just a few highlights of this collaboration between HealthStart and the Thinkery. Check out the brain-healthy recipe for **PB&J Wrap with Fruit**:

- 1 Whole wheat tortilla
- 1TBSP peanut or soy butter
- 1 Strawberry, sliced
- 1/4 Banana, sliced
- 2 TBSP low-fat granola

Spread soy butter evenly over tortilla. Layer strawberries, banana and granola. Roll, cut and enjoy!



Incredible Edible Egg

Eggs are a versatile, nutritious food that can be cooked by themselves or used in recipes as part of a balanced diet. Eggs are high in protein, which is good for building and maintaining muscle. The choline in egg yolk aids in brain function, while the Vitamin A is important for our eyes.

Have a healthy, happy spring!

Sincerely, All of your friends at HealthStart Foundation

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Let Us Hear From YOU!

