



NEW YORK STATE SENATOR

Andrea Stewart-Cousins

## JAM: Healthy Eating Habits

ANDREA STEWART-COUSINS April 29, 2011



Senator Stewart-Cousins and the Yonkers Municipal Housing Authority hosted the latest installment of the JAM Program this week at Schlobohm Houses in Yonkers. The topic was healthy eating choices and physical fitness and included activities led by Certified Personal Trainer Taniya Brandon and Health and Nutrition Consultant Kyira Harris. The participants took part in an exercise routine that included jumping jacks, pushups and lunges, and learned about identifying good and bad foods. At the end, they enjoyed a healthy smoothie that included spinach, blueberries, mango and pineapple.