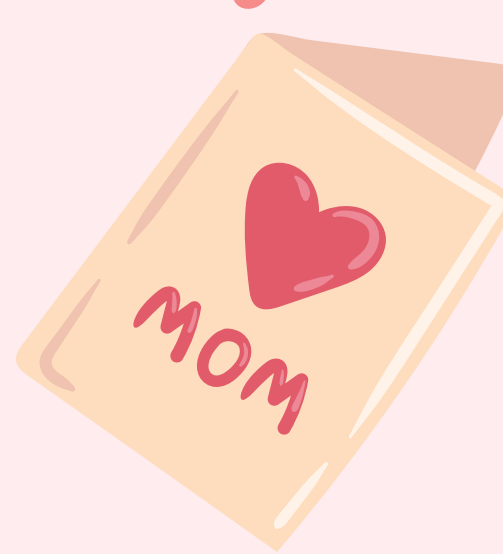


# Being Active & Appreciative for Mother's Day

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Create memorable moments this Mother's Day with delicious and healthy desserts that are easy to prepare, and family-friendly fitness activities!

## Eating Healthy

### Greek Yogurt Parfait

Greek yogurt parfait helps improve digestion and boost immune function. Adding fresh fruits and nuts provides additional vitamins, minerals, and antioxidants.

Try this simple yet healthy desert recipe:



### Berry Sorbet

Light and refreshing, sorbet is a great alternative to ice cream. A delicious dessert with palate-cleansing properties, sorbet tends to contain much fewer calories and fat.

Try this dairy-free frozen desert recipe:



## Staying Active

### Family Walk

Walking in nature can reduce stress. Take a walk in a local park with your family to bond and create lasting memories.



### Yoga Class

Yoga reduces stress and improves overall health. It also provides you a great opportunity to bond as a family.

