

"A pillow case for the characters to sign is a great alternative to an autograph book so your children can have something to remember the trip on a daily basis upon return. Also, measure your child before you go. Nothing is worse than a disappointed child who misses a ride by a hair." — Laura Arblaster

"Use the baby centers inside the park. I used them to nurse my baby while my husband took our other daughter to potty in their little toilets. My daughter fell asleep while I was rocking in their rocking chairs." — Mea Casabay Corpuz

"Renting a stroller. Best investment ever. They bring it to your hotel and pick it back up. Worth every penny!!!!!" — Rachel Kelley

"We rented the double stroller in the park but wanted a way to identify our stroller from the sea of strollers that looked just like ours. We took a four feet long bright ribbon (what you might put in a girl's hair bow or on a present) and wrapped it around the handle bar. That way when we left our stroller we could easily spot it upon our return. It worked perfectly!" — Jennifer Brooks

"If you have a child who needs/find comfort in their stroller in crowds, get a 'stroller as a wheelchair' tag at guest services in any park. This will permit a stroller to go where a wheel chair can. Disney is very strict about where strollers without these can go." — Bethanie Rose

"If your child has a disability, get the disability access pass. Life changing!!! We went 9 days without a single melt-down or overload because of it." — Kimberly Hall

"At Epcot, if you plan a sit down meal, do dinner and use one of the restaurants on the water. If you get a 7:30-8 pm reservation, arrive early (30 min. to an hour and ask to sit on the water. As your meal is ending, you will have a great view of the fireworks. Anywhere in the World's Showcase has a good view as long as you are at the water." — Anne Davis

"Have a physician on speed dial! Without fail, every time we go to Disney, someone is sick. We've used an on-call physician's service that makes room calls and have always been happy with the care. Physician Room Service in Orlando is one of the services we've used in the past, for example." — Nicole Trager

"Water in a CUP (not bottled) is FREE from all restaurants at all of the parks and resorts. Download the app Charades for when you're in a long wait line! It's FREE and an absolute lifesaver to keep everyone entertained." — Amanda Kinder

"The best hack I have is to pack tiny vials of bubbles (like the ones you can get for weddings) in your park bag to keep squirrely children happy while waiting in line. Pack enough to give away to other squirrely children!" — Jessica Cleveland Article source: <http://bit.ly/30vGoXI>



This Week's Exercise

BIRD-DOG PLANK



HOW TO DO IT:

1. GET INTO THE UP PART OF A PUSHUP WITH FEET WIDER THAN NORMAL.
2. MAINTAINING A FLAT BACK AND KEEPING CORE ENGAGED, EXTEND RIGHT ARM AND LEFT LEG STRAIGHT OUT, SO THAT THEY ARE PARALLEL WITH THE FLOOR.
3. BRING RIGHT ELBOW AND LEFT LEG IN TO MEET, AND THEN EXTEND BOTH BACK OUT.
4. DO 8-12 REPS, AND THEN SWITCH SIDES.
5. DO 3 SETS, 3 DAYS A WEEK.

Source: <http://bit.ly/2V8JErd>

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

SPINACH TORTELLINI EN BRODO (IN BROTH)



Ingredients

2 tsp butter
2 stalks of celery, chopped
1 small onion, chopped
1 carrot, peeled & chopped
2 cloves of garlic, minced
8 cups chicken broth
3 cups water
1 small Parmigiano Reggiano Rind, optional
18 oz spinach cheese tortellini
1/2 tsp fresh ground pepper
1/2 tsp ground nutmeg
2 cups baby spinach
salt to taste
Parmigiano Reggiano, grated

Directions

1. In a large pot, melt the butter over medium-low heat.
2. When melted, add the celery, onion, carrot & garlic.
3. Cover and reduce heat to low and cook for approximately 8-10 minutes until vegetables begin to soften.
4. Add the chicken broth, water, parmesan cheese rind and increase heat to medium-high and bring to a boil.
5. When broth boils, add salt (to taste), pepper and nutmeg. Stir to combine.
6. Reduce heat to low and add tortellini. Simmer until tortellini cooks al dente according to package directions.
7. Once cooked, remove the rind, and add the baby spinach.
8. Stir to combine then serve with freshly grated Parmigiano Reggiano!

Makes 12 cups

Nutrition Information

Serving: 1-1/2 cups
Calories: 228kcal
Carbohydrates: 33g
Protein: 11.5g
Fat: 5.5g
Saturated Fat: 2.5g
Cholesterol: 32.5mg
Sodium: 915.5mg
Fiber: 2.5g
Sugar: 3.5g
Freestyle Points:6
Points +:6

Recipe source:

<http://bit.ly/30tKeRg>