

Stronger

Healthier

Happier

SUNDAY MORNING WITH JAMES JANUARY 14, 2024



EAT

PEANUT BUTTER ENERGY BITES

I am always looking for a quick and easy healthy on-the-go snack that will curb my hunger. These energy bites really fit that challenge.

They are not only easy to make, but they also help with my sweet tooth craving. It

combines peanut butter, whole grain oats, chia seeds, maple syrup and chocolate chips. You can substitute honey for the maple syrup and you can also add a little vanilla extract for a sweeter twist. The chia seeds give it some extra healthy fat, fiber and protein. If you are looking for a quick snack to make, you definitely have to

try these.



LISTEN

GAMES WITH NAMES

"Games with Names," Julian Edelman's podcast, revisits top sports matchups, blending sports, entertainment, and interviews with athletes and celebrities. While some episodes are "Patriots-centric," it appeals to all sports fans. Edelman's laid-back style creates a unique mix of entertainment and insight, offering a diverse range of topics. Guests like Mark Cuban and Rob Gronkowski add their own flair. Each episode ends with title brainstorming for the featured game. Perfect for dipping in and out based on guests and games.



WATCH

THE CHALLENGE

Since 2003, MTV's "The Challenge" has been my reality TV obsession, pioneering the genre back in 1998 even before Survivor. The show pits reality TV cast members against each other in a dynamic competition, blending physical, mental, and strategic challenges. The series is more than a show; it's a two-decade journey of evolving competition and enduring personalities. With almost 40 seasons on Paramount Plus, starting with Season 21 ("Rivals") offers a fantastic entry point for new viewers.

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