

Wellness Newsletter

"Educate for Wellness, Knowledge for Life"

October 2024

ISSUE #13

FALL into Fitness

Autumn has arrived, and with it the opportunity to fall into fun seasonal activities that can get us moving and boost fitness levels. The crispness of the air, the turning of the leaves, the start of a new sport season, and the approach of Halloween all encourage physical activity, which leads to better health.

- **Farms are bursting with the fall harvest** - apple, pear, and pumpkin picking will get you outdoors and moving--fresh fruit and fresh air help you feel good inside and out!
- **Hike to view** the autumn leaves, or ramble through a corn maze to reach your daily step goal.
- **A pick-up game** of touch football or soccer is a great way to get your workout in and engage in some friendly competition.
- **Planning Halloween** costumes with kids and mapping out the trick-or-treat route delivers a double jackpot: encourage creativity and take a walk!

Today fit year-round, continuity is key. Make the activities fun, integrate them into your routine, and join forces with friends to stay motivated. Some activities may "disguise" exercise - a scenic trail walk with a friend offers a fun, chatty catch-up, but you may cover three miles or more! That's a real workout.

Spending time outdoors, appreciating the miracle of nature, and amping up our activity levels enhance mental health, boost physical fitness, relieve stress, and improve our social lives. Don't forget the added bonus fact that they are loads of fun!

"I'm so glad I live in a world where there are Octobers." L.M. Montgomery



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HALLOWEEN CANDY: It's Not That Scary!



Many of us experience anxiety around Halloween: ***“Did I buy enough candy? I’m trying to watch my weight, what if I’m tempted to eat the supply? How will I monitor my kids’ sugar intake? What about the cost?”*** Like many out-of-the-ordinary events, Halloween can be a trigger, and the best way to deal with anxiety is to lean in and address it:

- With regard to supply, check with friends and neighbors, consider the likely traffic, look at what you have done in the past, and adjust accordingly.
- If you are worried about temptation, come up with some alternative non-calorie treats. Enjoy a meditation, a walk, a bubble bath, a guilty-pleasure tv show or magazine.
- Buy yourself some good-quality, organic dark chocolate and indulge in one spectacular square as a treat instead of a whole bar of sugar-filled candy.
- Avoid a militant position with kids and their treats and allow them to enjoy one or two pieces a day after a meal, or as a special snack. Forbidding access can backfire and encourage sneaking and overindulgence.
- To get the most for your money, keep an eye on sales, coupons, and promotions. Sometimes later is better; as Halloween approaches there may be discounts and deals if stores have overstocked.



The most important thing is to enjoy the holiday. It’s okay to indulge and satisfy our sweet tooth!

Harvest TIME

Say hello to autumn’s bounty! Apples, pears, squash, pumpkins, kale, the list of tasty and healthy fall fruits and veggies is nearly endless.

PRODUCE PROS RECOMMEND THE FOLLOWING TIPS FOR OPTIMAL TASTE AND FRESHNESS:

- Choose firm, blemish-free fruits and vegetables that are grown locally.
- Store apples and greens in the refrigerator.
- Potatoes, squashes, and pumpkins can be stored at room temperature or in a cool, dry place.
- Fruits that need ripening, like pears, should be left out, but refrigerated when they reach the desired texture.
- Be sure to wash the produce thoroughly before consuming it to avoid bacteria.
- If veggies are passing their prime and beginning to wilt, toss them in a soup or stew.
- If fruit is overripe, simmer it into a compote or jam with a bit of water and honey, and swirl it over oatmeal or yogurt.

Five servings of vegetables and four servings of fruit per day are recommended for optimal health, and autumn’s harvest makes that deliciously easy to accomplish!





What is breast cancer?

Breast cancer is a type of cancer that forms in the cells of the breast. It can occur in both men and women, although it is far more common in women. Breast cancer typically begins in the milk ducts (ductal carcinoma) or the milk-producing glands (lobular carcinoma) of the breast. It can spread to other parts of the body through the lymphatic system or bloodstream. Early detection through screening, such as mammograms, increases the chances of successful treatment. Treatment options may include surgery, radiation, chemotherapy, hormone therapy, and targeted therapy, depending on the type and stage of the cancer.

Why is breast cancer awareness month important?

Breast Cancer Awareness Month, observed every October, is important because it raises public consciousness about breast cancer, its risks, and the need for early detection. By spreading awareness, it encourages women and men to be proactive about their health, promoting regular screenings such as mammograms, which can detect breast cancer in its early stages when treatment is most effective. The month also highlights the latest advancements in research, treatment options, and survivorship. Additionally, Breast Cancer Awareness Month fosters support for those affected by the disease, while raising funds for research to improve prevention, treatment, and ultimately, find a cure. Through education and advocacy, it helps reduce the stigma and empowers people to take control of their health.

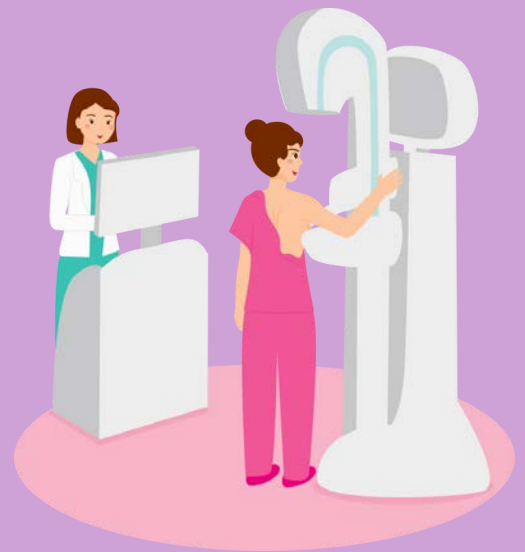
What are the symptoms?

Signs and symptoms of breast cancer include:

- A lump or swelling in the breast, upper chest or armpit
- A change to the skin, such as puckering or dimpling
- A change in the color of the breast – the breast may look darker, red or inflamed
- A nipple change, for example it has become pulled in (inverted)
- Rash or crusting around the nipple
- Unusual liquid (discharge) from either nipple
- Changes in size or shape of the breast

On its own, pain in your breasts is not usually a sign of breast cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

Although rare, men can get breast cancer. The most common symptom of breast cancer in men is a lump in the chest area. Schedule an appointment with your health care provider and get your annual check ups.



To learn more about Breast Cancer, please visit the "National Breast Cancer Foundation" by clicking the link down below:

<https://www.nationalbreastcancer.org>



1 IN 8 WOMEN
in the United States will develop breast cancer in her lifetime.

Halloween Sweet Treats to try at home!

Spiderweb Dirt Cups

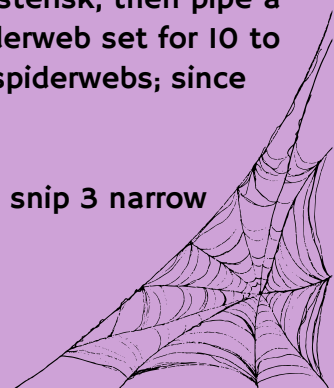
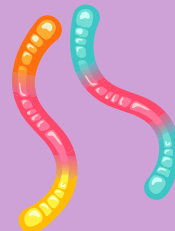


Ingredients

- One 3.4-ounce box instant chocolate pudding mix
- 1 1/2 cups milk
- 1 1/2 cups heavy whipping cream
- 3 tablespoons black cocoa powder or Dutch-process cocoa powder
- 26 chocolate sandwich cookies, such as Oreos, crushed to resemble dirt
- 15 gummy worms
- 20 candy eyeballs
- 1/2 cup white candy melting wafers, melted
- Crushed ice
- 6 sugar-coated gummy bears

Directions

- Whisk together the instant pudding mix and milk in a large bowl until smooth. Let sit until slightly set, 5 minutes.
- Whip the cream in another large bowl with an electric mixer on medium-high speed until soft peaks form, about 2 minutes. Add the cocoa powder and mix on high speed until stiff peaks form, about 1 minute. Transfer one-third of the whipped cream to the pudding and whisk until fully incorporated, then carefully fold in the remaining whipped cream with a rubber spatula.
- Divide half of the pudding mixture among 6 clear cups or glasses (each 9 fluid ounces), filling them about halfway. Top each cup with 1 heaping tablespoon of the crushed cookies, then nestle 2 or 3 gummy worms and 3 or 4 candy eyeballs into the "dirt," against the side of the cup so they are visible. Layer each cup with another heaping tablespoon of the crushed cookies and about 1/3 cup of the remaining pudding, then finish with 2 more heaping tablespoons of the crushed cookies. Refrigerate at least 1 hour.
- Line a baking sheet with kitchen towels. To make the spiderwebs, fill a large bowl with crushed ice and a small amount of water. Press the ice down so the surface is as flat as possible. Transfer the melted wafers to a piping bag fitted with a medium round tip (or a resealable plastic bag with one corner snipped off). Pipe into the ice bath 4 intersecting lines to create a 3-inch asterisk, then pipe a circle just inside the asterisk and a smaller circle inside the first circle. Let the spiderweb set for 10 to 15 seconds then gently transfer to the prepared baking sheet. Repeat to make 8 spiderwebs; since they are fragile it is good to have a couple extra.
- To make the spiders, arrange the gummy bears flat-side up. Use kitchen shears to snip 3 narrow triangles out of each short end, creating 4 legs on both sides of each spider.
- Place a spiderweb on each dirt cup then top with a gummy spider. Serve cold.

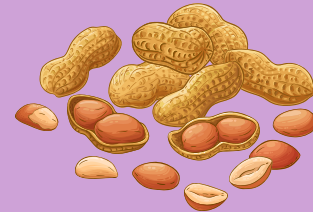


Halloween Snack Mix



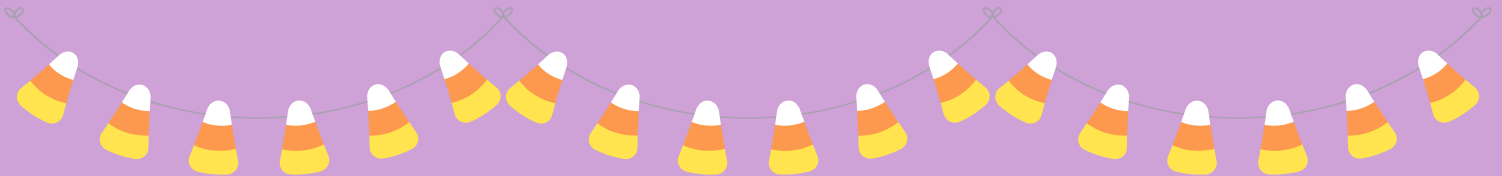
Ingredients

- 12 ounces mini candy bars, such as Reese's Peanut Butter Cups, Snickers, Hershey's Milk Chocolate, Krackel, 3 Musketeers or a mix
- 1 stick (8 tablespoons) unsalted butter
- One 12-ounce box corn, rice or wheat cereal squares or a mix, such as Chex or Crispix (about 9 cups)
- 2 cups confectioners' sugar
- 2 cups salted roasted peanuts
- 1 cup candy corn (about 6.5 ounces)



Directions

- Place a large glass bowl over a saucepan filled with 1 inch of water. Add the candy bars and butter to the bowl and turn the heat to medium. Heat, stirring occasionally and smashing any chunks with a rubber spatula, until both the candy and butter are completely melted, about 5 minutes. Remove from the heat.
- Add the cereal to the bowl with the chocolate mixture and stir to coat. Put the confectioners' sugar in a brown grocery bag or 2-gallon resealable bag, add the cereal mixture and shake to coat. Transfer to a large serving dish, gently toss in the peanuts and candy corn and serve immediately or store in an airtight container for up to a week.



PUMPKINS: THE HALLOWEEN SUPERFOOD!

Did you know?

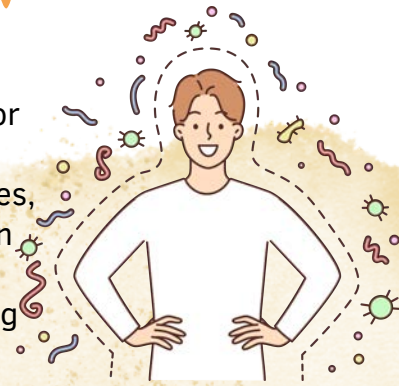


Pumpkins aren't just for carving—they're also a superfood! Rich in vitamins A and C, pumpkins can help boost your immune system and promote healthy skin. So, while you're carving those jack-o'-lanterns, don't forget that pumpkins can also be used in soups, smoothies, and snacks to give your wellness a seasonal boost!

Changes of the season

Maintaining A Healthy Immune System

Maintaining a **robust immune** system during the fall and winter months is crucial for staying healthy during seasonal challenges. Focusing on a balanced diet rich in vitamins and minerals is essential. Incorporating plenty of fresh fruits and vegetables, particularly those high in vitamin C like citrus fruits, bell peppers, and spinach, can help boost your immune defenses. Sources of vitamin D, such as fortified dairy products, oily fish like salmon, or supplements if sunlight exposure is limited during shorter days.



Prioritize regular exercise as it not only improves overall fitness but also enhances immune function. Engaging in moderate physical activity for at least 30 minutes most days of the week can reduce inflammation and support immune cells' circulation throughout the body. Whether it's brisk walking, jogging, or indoor activities like yoga or strength training, staying active contributes significantly to your immune system's resilience.

Adequate sleep plays a vital role in immune health. Aim for 7-9 hours of quality sleep each night to allow your body to repair and regenerate. Establishing a consistent sleep schedule and creating a conducive sleep environment, such as keeping your bedroom cool and dark, can promote better rest. Managing stress levels is also crucial; practice relaxation techniques like deep breathing, meditation, or engaging hobbies to reduce cortisol levels, which can weaken immune responses over time. By incorporating these practices into your daily routine, you can fortify your immune system and better navigate the seasonal shifts of fall and winter.



Here are five additional tips to boost your immune system:

- **Incorporate probiotics:** Eating foods like yogurt, kefir, and fermented vegetables (such as sauerkraut and kimchi) helps support gut health, which is closely linked to immune function. Probiotics promote healthy bacteria in the digestive system, improving your body's ability to fend off illness.
- **Stay hydrated with herbal teas:** In addition to water, try herbal teas like echinacea, ginger, or elderberry, which are known for their immune-boosting properties. These teas can help soothe the body and provide antioxidants.
- **Limit sugar and processed foods:** Excessive sugar and processed foods can suppress the immune system and lead to inflammation. Reducing these in your diet supports better immune function and overall health.
- **Take immune-supporting supplements:** If you're not getting enough from food alone, consider supplements like zinc, elderberry, or echinacea. These are known to enhance immune responses, particularly during cold and flu season.
- **Spend time outdoors:** Even in colder months, getting fresh air and sunlight (when possible) can help regulate mood and provide exposure to natural elements that support a healthy immune system, such as vitamin D from sunlight.



COZY UP



The shorter days of fall can impact our sleep patterns, moods, and energy levels. When experiencing any of these mild, change of seasons symptoms, consider the following tips to help feel better about saying good bye to summer. Here are some helpful tips:

Seek the sunlight – bundle up and step outside for walk or a bike ride.

Find your autumn chill – enjoy treats like scented candles, a super soft throw blanket, a good book, a fall art project, or a classic movie.

Stir the pot – cook up a warming soup or stew featuring some delicious fall produce.

Pull your team together – plan regular gatherings with friends and family to avoid isolation.

Enjoy inside time – visit museums, libraries, historical sites, and other indoor attractions.

“Autumn is a second spring when every leaf is a flower.” Albert Camus

Health Tip of the Month

Boost Your Immune System for Fall

As the weather cools and we enter flu season, it's important to give your immune system a helping hand. Incorporate immune-boosting foods like citrus fruits, leafy greens, garlic, and ginger into your diet. Staying active, getting enough sleep, and managing stress are also key factors in keeping your immune system strong.

Consider taking a vitamin D supplement as sunlight exposure decreases in the fall. Small steps can help you stay healthier and more energized as the season changes!



Daylight Savings Reminder!

Sunday, November 3rd, 2024
We will fall back an hour.

Fitness Tip of the Month

Focus on Strength Training for Fall

As the days get shorter, it's a great time to shift your fitness routine to include more strength training. Building muscle not only improves your metabolism but also helps you stay strong and prevent injury.

Incorporate exercises like squats, lunges, push-ups, and weightlifting into your weekly routine. You can do these at home or at the gym. Strength training is especially beneficial as we head into winter, keeping your body energized and resilient.

Quote of the Month

"The trees are about to show us how lovely it is to let things go."

