



Fall into Fitness

- Being outdoors can make you feel better and boost your immunity. The sun helps the body maintain a proper level of vitamin D.
- Enjoy the fall season with all your senses! What do you smell, hear, taste or feel?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 Use pure maple syrup as a replacement for sugar	2
3	4 Get out in the sunshine for at least 10 minutes	5	6 Breathe in the fresh air. Look at the stars and moon!	7	8 Stock up on in-season fruits and veggies	9 Rake leaves instead of blowing them to get your heart rate up
10	11 Blueberries and Greek yogurt make for a great breakfast	12	13 Add roasted tomatoes to vegetable dishes	14	15 Start a food journal. See if you can identify hidden or empty calories	16 Sprinkle walnuts on steel-cut oats
17	18 Get a workout or walking buddy	19	20 Do some walking while your child practices their sport	21	22 Add spinach to your smoothies or soups	23 Have outdoor walking meetings
24	25 Use pureed cauliflower as a thickener in soups	26	27 Invest in an activity tracker	28	29 Use canned pumpkin to replace the eggs and oil in recipes	30
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EATWell

Incorporate at least one superfood per day into your meals.



MOVEWell

Get moving outside! Plan daily outdoor physical activity.



LIVEWell

While coming to work or going home, slow down. Enjoy the new season.

