



# 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  |
|--------|---|---------|--|----------|--|---|
| 27     | 28  | 29      | 30   | 1        | 2<br>Perform monthly self-breast exam and schedule a mammogram               | 3<br>Use pure maple syrup as a replacement for sugar                |
| 4      | 5<br>Get out in the sunshine for at least 10 minutes          | 6       | 7<br>Breathe in the fresh air. Look at the stars and moon!   | 8        | 9<br>Stock up on in-season fruits and veggies                                | 10<br>Rake leaves instead of blowing them to get your heart rate up |
| 11     | 12<br>Blueberries and Greek yogurt make for a great breakfast | 13      | 14<br>Add roasted tomatoes to vegetable dishes               | 15       | 16<br>Start a food journal. See if you can identify hidden or empty calories | 17<br>Sprinkle walnuts on steel-cut oats                            |
| 18     | 19<br>Get a workout or walking buddy                          | 20      | 21<br>Do some walking while your child practices their sport | 22       | 23<br>Add spinach to your smoothies or soups                                 | 24<br>Have outdoor walking meetings                                 |
| 25     | 26<br>Use pureed cauliflower as a thickener in soups          | 27      | 28<br>Invest in an activity tracker                          | 29       | 30<br>Use canned pumpkin to replace the eggs and oil in recipes              | 31  |

### 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.

