

Fall

**HEALTHY
TIPS**



Fall

HEALTHY TIPS

Avoid drinking and driving. Alcohol impairs reaction time and judgment. If you need to get home have someone drive you and make sure to keep drinking water.



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Eat like an athlete — not a couch potato — on game day. Set out raw veggies and hummus for guests. If you have pizza, cut it into small pieces to practice portion control.



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HEALTHY TIPS

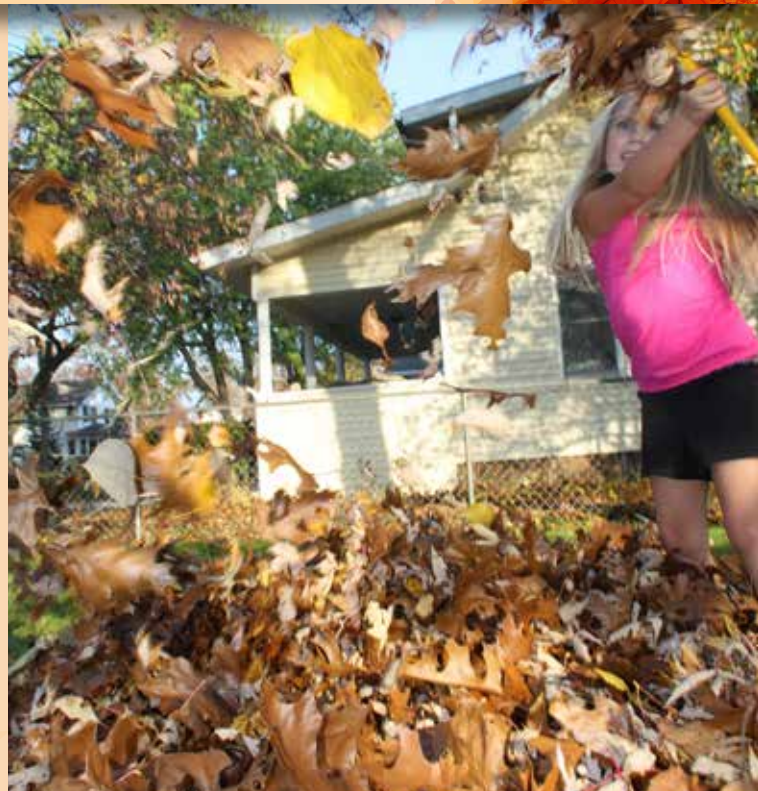
The winter season can be isolating and lonely as weather conditions make it hard to socialize. Make an effort to visit or call your elderly friends and family.



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HEALTHY TIPS

**Fall chores can be a workout!
30 minutes of raking leaves
and 30 minutes of planting
and weeding. You'll have a
beautiful yard and get active!**



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Fall is here and the leaves are changing, take it all in by going outside to run, walk or ride your bike in these pedestrian/ bicyclist friendly communities.

<http://bit.ly/choosehealthbiking>



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Just as a tree sheds itself of old leaves in the Fall, you could shed yourself of cigarettes. Your body and health are better off without them. Call 1-800-NO-BUTTS for a free personalized plan to shed tobacco out of your life.



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HEALTHY TIPS

Who said eating healthy can't be spooktacular? Instead of handing out candy on Halloween, make tangerine jack o'lanterns with your kids to pass out!



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Constant physical activity is important for pregnant moms; don't let cold weather keep you from moving. If available, use a treadmill to walk or buy a workout video and exercise in your living room.



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CDC recommends the single best way to prevent the flu is to get vaccinated and washing your hands.



Fall
is
Flu Shot
Season

Fall

HEALTHY TIPS

Fall is synonymous with seasonal changes. Keeping yourself healthy can be made easy by stocking your kitchen with seasonal fruits and veggies, plus practicing portion control on Thanksgiving!

