

# CPBC Wellness Moment

## FALL FOR AUTUMN



### AUTUMN IS THE COOLING OFF SEASON, BUT THE FUN DOESN'T HAVE TO END

**Did you know that Fall is synonymous for Fun?** - The Summer months are known for when people seek out new adventures, vacation, go to the beach, or spend a lot of time outdoors. Although you may be required to wear a jacket some Autumn days, the fun doesn't have to end. Skeptical? Check out the activities below:

- Go for a walk or hike
- Get lost in a corn maze
- Play a game of flag football
- Attend a fall festival (count your steps)
- Visit a pumpkin patch and pick pumpkins
- Plant bulbs in your garden for next Spring
- Go on a bike ride and admire the fall foliage
- Breathe in the crisp air & pray or meditate in a quiet spot
- Make and drink hot spiced apple cider (recipe below)

### caramel apple cider

PERFECT FOR A COOL DAY TO ENJOY WITH FRIENDS.

#### ingredients:

2 gallons water  
10 apples  
3 c sugar  
1/2 c brown sugar  
2 tbsp cinnamon  
1 tbsp ground cloves  
1 tbsp nutmeg  
cinnamon sticks  
1/2 c caramel syrup  
caramel topping



1) CORE APPLES AND CUT INTO QUARTERS.

2) IN A LARGE POT BOIL WATER, APPLES, SUGARS, SPICES AND CARAMEL SYRUP.

3) COVER AND SIMMER FOR SIX HOURS.

4) SERVE WARM. TOP WITH WHIPPED TOPPING AND CARAMEL.

#### MONTGOMERY COUNTY PARKS AND TRAILS TO WALK, HIKE, OR BIKE THIS SEASON

- Black Hill Regional Park
- Cabin John Regional Park
- Fairland Recreation Park
- Great Seneca Stream Valley Park
- Little Bennett Regional Park
- Muddy Branch Stream Valley Park
- Rock Creek Regional Park
- Schaeffer Farm
- Seneca Creek Regional Park

Take time to move 30 minutes each day for optimal health. It will reduce stress, provide an energy and mood boost, improve memory, increase productivity, aid in weight loss, and promote a healthy heart, minimizing your risk for stroke, heart disease, and diabetes.

**HEALTH IS WEALTH!!**

# AUTUMN IS THE START OF FLU SEASON

This is a great time of year to be outdoors, enjoying the crisp air, and watching the leaves change color. As the temperature changes and it begins to get darker sooner, we must safeguard our physical and emotional health. There are a few safety considerations to keep in mind (in addition to wearing your mask, washing your hands, keeping at least six feet between you and other people in public spaces and staying home if you are feeling sick).

## Consider:

### 1. Boosting your immune system

- a. Eat more fruits and vegetables. Aim for 5-10 servings daily.
- b. Sneak your fruits and vegetables in with tasty smoothies. Try the recipe below:
  - 1 cup roughly chopped spinach and kale, packed tightly
  - 1 1/2 cups plant-based milk or coconut water
  - 1 1/2 cups frozen mix of mango, pineapple, and kiwi
  - 1/2 teaspoon freshly grated ginger
  - 1/2 lemon juiced
  - Dash of cinnamon
  - Squirt of honey
  - Optional, try adding pea protein or chia seeds for added protein and fiber.
- c. Exercise regularly. Aim for 30 minutes each day.
- d. Get adequate sleep. Aim for 7 to 9 hours each day.
- e. Try to minimize stress. Did you know that stomach upset, hives, and even heart disease, are linked to the effects of emotional stress?

### 2. SAD (Seasonal Affective Disorder) – Feeling low due to decreased lighting

- a. Less exposure to sun may lead to not getting enough vitamin D. Consider taking a Vitamin D supplement and eating more salmon, tuna, cheese, and eggs.
- b. Resist the urge to nap and try to wake up earlier to take advantage of the daylight.
- c. Change your scenery throughout the day. Work in a café or take a break outside.
- d. Pick up an after work hobby.

### 3. Fire safety

- Have a specialist check your furnace to ensure it is operating properly.
- Allow at least 3 ft. of space around space heaters.
- Never leave candles, firepits, or fireplaces unattended.
- Burning leaves produces dangerous cancer-causing chemicals. Dispose in another way or wear a mask.

### 4. Drive safely as it gets dark

- a. Watch for pedestrians walking on roadways, medians and curbs. Carefully enter and exit driveways.
- b. At twilight and in the evening, watch for pedestrians in dark clothing.
- c. Discourage new, inexperienced drivers from driving on Halloween.
- d. If children are allowed out after dark, fasten reflective tape to their shoes, jackets, backpacks, costumes (Halloween) and bags, or give them glow sticks.
- e. Children and adults are reminded to put electronic devices down, keep heads up and walk, don't run, across the street. Be alert.

### 5. Important dates to remember

- a. October 15th is National Mammography Day. Ladies, do a self-examination today. Do them monthly. Early detection may save your life.
- b. November 7th clocks turn back 1 hour.
- c. November 14th is World Diabetes Day. Wear blue, eat healthy, and exercise.
- d. Fun Fact: December is known as National Pear month, so try out a new pear recipe!

**One last tip:** When you change your clocks, check the batteries in your smoke alarms and carbon monoxide detectors.



**HAVE FUN & STAY SAFE!!**