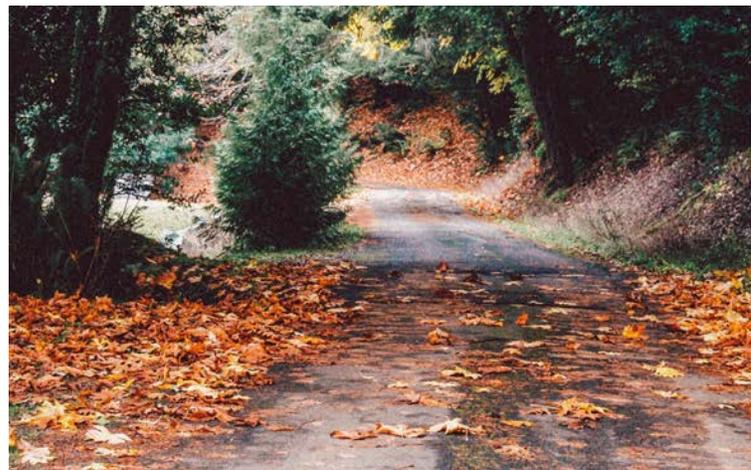




PHYSICAL WELLNESS



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OCTOBER IS BREAST CANCER AWARENESS MONTH

October 4	National Taco Day
October 6	National Physician's Assistant Day
October 7-13	National Case Management Week
October 8	Columbus Day
October 10	World Mental Health Day
October 16	National Bosses Day
October 31	Halloween

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INGREDIENTS

- 1/2 cup pure pumpkin puree
- 1 large banana
- 6-8 ice cubes
- 6 oz vanilla yogurt
- 1/2 tsp pumpkin pie spice
- 1 tsp agave nectar (or honey would work too)
- 3 Tbsp milk
- 1 scoop vanilla protein powder
- pinch nutmeg and whipped cream, optional garnish

DIRECTIONS

1. In a blender combine pumpkin, banana, ice, yogurt, spice, protein powder, agave nectar and milk. Pulse until smooth!
2. Pour into a glass and top with whipped cream and pinch of nutmeg. ENJOY!

HEALTHY PUMPKIN PIE SMOOTHIE

Fall is upon us and you know what that means-pumpkin EVERYTHING. While there is no substitute for the real thing, this healthy pumpkin pie smoothie is delicious and will help curb your pie cravings until Thanksgiving.



PREPARING FOR DAYLIGHT SAVINGS



Daylight savings isn't until November 4th (clocks will move backward one hour at 2 am), but it is a good idea to start preparing your body for it now. Many of you are probably thinking, "I am gaining an hour of sleep, why would I need to prepare for that?" That extra hour of rest will come at a cost to our routines. Soon, you will be ending your work day in darkness as the switch pushes sunset an hour forward, too. How can we prepare for this annual switch in time so we can fall back gracefully instead of tumbling backwards unaware? Here are some tips so you can start to prepare:

1 Don't drink alcohol or coffee on Saturday. Stimulants like alcohol and caffeine interfere with our body's internal clock, which is already going to be thrown for a loop when your body feels like it's afternoon when it's morning.

As a stimulant, alcohol will increase the number of times you wake up at night and research finds that it will decrease the quality of sleep you'll get.

Treat the time switch like a mild form of jet lag and avoid going for an alcoholic nightcap.

2 Remember to change your clocks. Nowadays, most of our digital clocks on our electronic devices will do the time switch for us. But for those of us who use clocks with hands spinning around a dial, remember to move your clock backwards Saturday night, so you don't miss meetings and phone calls from people living in a world that's an hour behind you.

3 Go outside. Open up your blinds Sunday morning and welcome the brighter rays of light.

The end of Daylight Saving Time pushes sunrise back an hour as winter's morning light will reach you sooner now. The sun is nature's regulator and keeps our internal circadian rhythms on track.

Besides working as our natural timekeeper, the sun is also a good pick-me-up as the days shorten. One study found morning light exposure to be the most effective treatment for cheering us up in the face of winter blues and seasonal affective disorder.

4 Resist sleeping in. You may be tempted to enjoy the chance to snooze on Sunday, but if you want to adjust to time's new schedule, you'll need to adjust your personal schedule accordingly. Dr. Alon Y. Avidan, Director of UCLA's Sleep Disorders Center recommends going to bed and hour later than you normally would on Saturday night, so that you can wake up feeling like it's morning the next day.

6 TIPS FOR STAYING HEALTHY THIS HALLOWEEN



Halloween is just around the corner, and you know what that means: sweets! Between costumes and overall good mischief, you might want to be prepared for the onslaught of chocolate bars, candy corn, sugar overload, and empty calories. Trinh Le, a registered dietitian with MyFitnessPal, has provided some handy advice on how to have a better-for-you Halloween and avoid the scary consequences.



Eat before you (trick or) treat: This is a good idea whether you're spending an evening trick-or-treating with your loved ones or spending a night out on the town. Fill up on a healthy, balanced meal made with veggies, lean protein, and whole grains. The protein and fiber in your meal will make you more satisfied and less likely to sneak treats from your kid's sugary stash. If you're going to a grown-up Halloween party, being full before knocking back your first drink or treat is also a great idea!



Tuck your candy out of plain sight: We know the pre-Halloween candy sales are scary tempting. If you've got a mighty sweet tooth, stow these goodies in the back of your pantry, and hold off on opening them till right before the trick-or-treaters get there.



Have healthier snacks on hand: Be different! Stock up on nontraditional snacks that are healthier and more balanced. Instead of sugary candy bars, you can munch on trail mix, cheese crackers, individual fruit cups, animal crackers, and so forth.



Be picky with your sweets: Don't settle for whatever is on the table. If you're going to satisfy your sweet cravings, go for treats that'll hit the spot. Leave the ones that just don't do it (we're looking at you, candy corn!) alone. Also, remember to pick smallest (fun-size) portion because you can always go back for more if you really want to.



Trick-or-treat? Track your treats: It's so easy to get your share of empty calories from candy bars and lollipops without even realizing it. Those mini, snack-sized bars may not seem like much, but the calories, fat, and sugar can quickly add up to a full-sized candy bar. Take a tally using pen and paper or an online calorie counter, or hold onto your candy bar wrappers.



Let yourself celebrate! If you make healthy eating a habit, a day (or two!) of overindulgence is perfectly acceptable. Halloween happens just once a year, and you should be able to celebrate it without guilt. Give yourself a deadline for when the celebration is over, then plan to get back on track by cooking a nutritious meal or going for a run. Remember that your overall health and happiness rests on more than just a few days.

5 BACK STRENGTHENING EXERCISES

It's easy to take for granted how much we use our back muscles every day. Whether it's lifting bags of groceries up a flight up stairs or squatting down to pick up something off the floor, we use our backsides to carry out the most complex and simplest tasks. Here are five simple back strengthening exercises:

1. RENEGADE ROWS



Get into a high plank position with your hands shoulder-distance apart, shoulders stacked above wrists (a). Keeping hips square and core engaged, lift your right hand off the ground. Your right elbow should be tucked close to your rib cage (b). Bring your right arm back to the starting position and repeat with your left arm (c). Do 10-12 reps on each side

2. BENT-OVER REVERSE FLYS

Stand with your feet hip-width apart, knees slightly bent, and hinge forward at the hips. Arms should be at your sides, palms in, gaze forward (a). Engaging your back and shoulder muscles and keeping our chest up, raise your arms to form a "T" (parallel to the floor), with your elbows slightly bent. Be sure to squeeze your shoulder blades to fully engage the muscles (b). Bring your arms back down to the starting position (c). Repeat for 15 reps.



3. SCAPULAR PUSH-UPS

Get into a high plank with your hands shoulder-distance apart. Keep your body in a straight line with your head in a neutral position (a). Imagining that there's something in between your shoulders on your upper back, pinch your shoulder blades, as you slowly lower your body halfway down the floor (b). Raise your body back up to the starting position (c). Repeat for 8-10 reps.



4. SUPERMANS



Lie face down on an exercise mat with your toes pointed down and your forehead on the floor. Keep your gaze in a neutral position (a). Bring your arms straight out in front of you with your palms on the floor (b). Engaging your back, glutes and hamstrings, lift your hands and feet a few inches off the ground (c). Repeat for ten reps, holding for three seconds each time.

5. SWIMMERS



Starting face-down on your exercise mat, reach your arms out in front of you with your palms on the floor (a). Engaging your back, abs and glutes, lift your right arm and left leg off the ground at the same time, then lower them and lift your left arm and right leg (b). This is one rep. Continue alternating for 12-15 reps.

Name _____
Facility _____

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PHYSICAL WELLNESS ACTIVITIES

Mark here if you choose to perform the activity.

Did you complete the activity?

- (Page 3) Make this smoothie recipe instead of splurging on dessert one time this week. Y N
- (Page 4) Prepare yourself for daylight savings the last week of October. Y N
- (Page 5) Stay healthy this Halloween using these six tips. Y N
- (Page 6) Perform these five exercises two times this week. Y N
- Start taking a Vitamin D supplement to make up for the decrease in sun exposure. Y N
- Drink 1 gallon of water five days this week. Y N
- Buy in-season produce this week-beets, broccoli, cabbage, eggplant, kale, pumpkin, squash, roots and sauteed dark leafy greens. Y N
- Bring a home cooked meal to work for lunch three days this week. Y N
- Get your flu shot/yearly check up. Y N

Please describe activities (not listed above) that have helped you improve your physical wellness this month:
