



10 Tips for Fall Fitness

5 foods to buy in October

Even though the weather is cooler, there is still plenty of fresh, local produce to eat. Here are five seasonal foods to check out this month.

Pumpkin - When you buy a pumpkin to carve into a jack-o-lantern this month, get one to eat, too! This low-calorie orange squash gets its colour from **beta-carotene, a phytonutrient our body converts into vitamin A, which is good for eyesight.**

When shopping for a pumpkin, find one with firm, smooth skin and make sure there are no bruises or cracks. Once you slice into your squash, store the remainder in the fridge with plastic wrap and try to use it within five days.

Don't forget to use the seeds, which are full of iron. Roast them in the oven with some olive oil and salt until golden brown for a crunchy snack.

Cranberries - Lucky for us, we can find cranberries without actually getting down and dirty in the bog where they grow. These **antioxidant-rich berries** are best known as a holiday feast accompaniments, but are also great salad toppers. Packed with vitamin C, they also make a great snack at around **45 calories a cup**. At the grocery store or market, look for firm, dry berries with good colour and keep an eye out for mildew. Once in your kitchen, cranberries keep well in the fridge for several weeks.

Broccoli - Forget flowers—this month, bring home a health-boosting broccoli bouquet. Studies show this cruciferous vegetable **lowers the risk of colon, cervical, lung and bladder cancers.** It can also fight the bacteria that causes ulcers. When you're perusing the produce section, **go for the bright green florets with slender stems** and pass on any with buds that have burst into flowers. Adding more broccoli to your diet is an easy way to sneak in your daily dose of vitamin C, vitamin A, fibre and potassium

Green beans - Healthy and delicious—and **just 35 calories a cup**—you may want to make green beans your go-to side for every meal. Plus, these small veggies are **packed with protein, iron and vitamin A.** How do you know if your beans are fresh? Avoid ones with large seeds because they are past their prime. Snapping the tip will tell you if the bean is crisp and has enough moisture. Not ready to use them yet? You can store your beans in the fridge for up to one week in a plastic bag.

Celery - Celery is a **great low-calorie, crunchy veggie** to keep handy. This **source of vitamin A, potassium and fibre** is only 16 calories per cup, and makes a perfect portable snack for adults and kids alike. Look for firm stalks and bright green leaves when choosing the perfect bunch. Wrapped in plastic, celery will keep in the fridge for about a week. To revive your wilted stalks, toss them into a bowl of cold water to plump them up. <http://www.besthealthmag.ca/eat-well/healthy-eating/5-foods-to-buy-in-october?slide=1>

Autumn is a transitional time of year. The leaves on the trees change, it becomes darker earlier, and the temperatures cool down. It is a favorite time of year for many people. However, these same changes can also lead to stress for individuals who tend to fall off the health and fitness wagon during the transition. There are many enjoyable opportunities to remain fit, or even begin a fitness program in the fall that can work for everyone. Planning for seasonal changes, finding support from group exercise and embracing events and activities that the season has to offer are key factors in staying fit through the transition.

Take Advantage of Autumn Activities - Autumn group events like pumpkin picking, corn mazes, haunted trails, and building leaf piles are active options that can also be fun bonding experiences for family and friends. Organize a weekend trip or local get together with an autumn theme and plan to be active. **Get Involved in Community Events** - With the fall season comes many holiday themed local fun runs and events. Look in the newspaper for Halloween runs, turkey trots and reindeer romps. According to a 1991 summary report by ERIC Digest, a specific goal such as a race to train for increases adherence to an exercise program. Signing up with friends or family will hold you accountable for completing the training. **Head to the Trails** - Fall is one of the most beautiful times of year for getting outside. Grab a friend and find some local parks or trails to walk, run or ride a bike and take in the view of changing leaves. **Dress for the Weather** - When weather gets cooler, it can deter people from going outside to workout. This problem can be mediated by wearing wind-shielding clothing and dressing in layers. Proper attire and accessories (hats, gloves, etc.) that cut down on bulk but still allow for warmth make outdoor fitness more enjoyable as the chill of fall approaches. **Drink Water** - Stay hydrated even when the temperatures cool down. People often feel less thirsty when it is not hot outside, but staying hydrated is just as important in the fall as it is when the sun is blazing down. When fall rolls around, remember to stay on top of your fluid intake to help with both exercise recovery and appetite control. **Drink Tea** - Drink more tea to warm up for the cooler temperatures. Green tea and black tea contain antioxidants that help ward off diseases during flu season so you can remain healthy and active as the season shifts. **Avoid Holiday Candy** - According to the National Institutes of Health, on average, non-obese adults gain about a pound a year around the holidays. In addition to creating unhealthy habits, accumulation of this weight over time can lead to obesity. Be sure to pack lots of healthy snacks to munch on throughout the day to help deter you from grazing on sweets that pop up in the office, at home or at holiday parties. **Turn Fall Chores into a Workout** - Raking leaves or gardening can burn around 150 calories every 30 minutes. Turn these chores into a game by setting small, achievable goals to help pass time and burn away fat. **Exercise Early in the Day** - Try to work out in the morning or during the day. With the time changing and it becoming darker earlier, it can feel as if it is later in the day than it really is. This can make people more tired than usual. Getting into a routine of working out early will guarantee the workout gets done and still allow time in the afternoons and evenings to relax. **Vary Activities** - As the weather cools down and summer ends, it can become difficult to stay motivated. Trying a variety of different activities and varying workouts, will help keep a fresh spin on exercise and allow for confidence to build within a wide range of activities.

<http://www.livestrong.com/article/98340-10-tips-fall-fitness/>

Peasant-Style Potato and Kale Soup

SERVINGS: 8

INGREDIENTS

- * 6 ounces chorizo, cut in half lengthwise and sliced
- * 1 tablespoon olive oil
- * 1 onion, chopped
- * 8 cups turkey or chicken stock
- * 8 potatoes, peeled and sliced
- * 6 cloves garlic, peeled, root ends trimmed
- * 1 bunch kale, trimmed, washed and thinly sliced
- * salt, to taste
- * freshly ground black pepper, to taste



PREPARATION

1. Heat a small skillet over medium heat. Add chorizo and cook, stirring, until browned, about 5 minutes. Drain the chorizo on paper towels and set aside.
2. In a heavy stockpot, heat oil over medium heat. Add onions and saute until softened, 5 to 10 minutes. Add turkey or chicken stock, potatoes and garlic and bring to a boil. Reduce heat to low and simmer, uncovered, until potatoes are tender, 10 to 15 minutes.
3. With a slotted spoon, transfer the potatoes and garlic to a bowl; lightly mash with a fork. Return to the soup and bring to a simmer. Stir in kale, a handful at a time. Simmer for 5 minutes, or until the kale is tender. Stir in the reserved chorizo and season with salt and pepper.

NUTRITION (based on individual servings) Calories: 251, Total Fat: 12 g, Cholesterol: 23 mg, Sodium: 382 mg, Carbohydrates: 27 g, Protein: 11 g
<http://www.thedailygreen.com/healthy-eating/eat-safe/fall-recipes-50092209>

Facts about Nuts

Almonds contain compounds that limit the amount of fat absorbed by the body, so some passes through undigested without being stored as fat.

Walnuts are richer in heart-healthy omega-3s than salmon, loaded with more anti-inflammatory polyphenols than red wine, and pack half as much muscle-building protein as chicken.

Pecans are natural anti-oxidants that lower cholesterol. They enhance metabolic rate and can aid in weight loss by giving a feeling of satiety. Pecans are also nutrient dense packed with vitamin B1, thiamin, magnesium and protein.

Hazelnuts have a special composition of fats, protein, carbohydrates, vitamins, minerals, dietary fibers, phytosterol and antioxidant phenolics such as flavan-3-ols that keeps arteries flexible, increase small vessel circulation, reduce blood pressure and protects against sunburns.

Cashews are packed with minerals, soluble dietary fibers and many health-promoting phyto-chemicals that help protect from diseases and cancers. They contain a small amount of Zea-Xanthin, an important flavonoid antioxidant that protects UV ray filtering functions and helps prevent age related macular degeneration in the elderly.

Pistachios are naturally trans-fat free they are rich in unsaturated fats and various vitamins and minerals. Their antioxidants and phytosterols make this nut a hearty snack.

Coconut (both a fruit and a nut) is high in saturated fat, more than half of that comes from lauric acid, a lipid that battles bacteria and improves cholesterol scores.

Where you expecting to see peanuts on this? Peanuts, contrary to what most people think, are not nuts but legumes. They belong in the same group as beans and soy.

**Remember to buy nuts that are not roasted and salted. The more natural they are, the more nutrients they pack!

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3 Simple Tips to Keep Your Kidneys (and Arteries) Clean

Kidneys play a key role in cleansing your body, including your arteries. If your kidneys are backed up or clogged, they aren't able to clean out your blood as well as they should, which can lead to aging in your arteries. Follow these easy tips to help keep your kidneys working at their optimal levels.

Drink water. Dehydration can increase your risk of kidney problems by 20%. An easy way to incorporate more water into your day is to carry a BPA-free water bottle with you as much as possible--in your car, at your desk and even when you're eating a meal.

Try yogurt or milk. Keep your blood pressure in check with 2 cups of yogurt and one glass of milk per day. The calcium in yogurt and milk can lower your risk of blood pressure surges by 25%.

Reduce salt. Diets high in salt increase the risk of kidney stone, since extra salt in your diet pushes calcium into your kidneys, rather than into your bones, where it's supposed to be. Try eating less processed food and substituting dried herbs as a food topping rather than table salt.

<http://www.swansonvitamins.com/blog/health-tips-2/3-simple-tips-to-keep-your-kidneys-and-arteries-clean>

And the **Winner** Is...

Caroline Underhill

for the month of **September!**



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Changing Lives