



# Simply Healthy

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## PHONE NUMBERS

Elizabeth	3133
LifeChoice	512-6379
YMCA	716-6260
Coops	222-4653
9 Round	226-1633
Rec Center	231-2232
Gold's Gym	225-4653

## Healthy Fall Fun

After the Thanksgiving Feast...

Gather your family and friends  
And go for a Nature Walk!  
Have a list of things that you are looking for....

- An orange leaf,
- A squirrel
- A nest
- The first Christmas tree
- An acorn
- A blue car



### Take your Multivitamin at Lunch:

We actually get an energy boost from vitamins, but we usually don't notice because most of us wash them down in the morning with coffee or tea. Instead, move your MVI to the afternoon—consider adding B complex for extra oomph—and pair it with a balanced meal, for all – afternoon energy!!!!

### Exercise of the Month

Stand in front of a chair, as if you are about to sit in it.

Broaden your stance. Toes forward

Lower body as if you are about to sit. Stop and hold right above the chair. Stand up slowly. Repeat 10-20 times. Squeeze buttocks each time.



Eating every 3-5 hours staves off hunger and keeps your metabolism active!



### Pumpkin Smoothie



- 1/2 c pumpkin
- 1 cup plain Greek yogurt
- 3/4 cup apple cider
- 1/2 skim milk
- 1/4 tsp pumpkin-pie spice
- 3 tbsp. maple syrup
- 1/2 cup ice

Mix all in a blender until smooth. Enjoy with sprinkle of pumpkin-pie spice!

150 calories 15g protein

