





# HEAL SEPTEMBER 2020

STEP OUT INTO SEPTEMBER • BE A **HEAL HERO**, TEACH OTHERS THE BENEFITS OF EATING BREAKFAST.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Make September, STEP-tember</b> - find ways to increase your step count each day.</p>	<p><b>Park a little farther</b> from your destination and walk the rest of the way.</p>	<p><b>1</b></p> 	<p><b>BEGIN EACH DAY WITH BREAKFAST. 2</b> Breakfast fills your "empty tank" to get you revved-up for an active day.</p>	<p><b>RISE &amp; SHINE- 3</b> IT'S BREAKFAST TIME. Think non-traditional breakfasts: vegetable soup or a ham and cheese rollup.</p>	<p><b>4</b></p>	<p><b>5</b> Bake, microwave, sauté or steam an acorn squash for powerhouse nutrition to celebrate <b>ACORN SQUASH DAY</b>.</p>
<p><b>EAT A RAINBOW 6</b> September is an excellent time for your family to try pineapple, pomegranate, bell peppers, and acorn squash.</p>	<p><b>LABOR DAY 7</b> A day to honor the American worker. Plan a fall day trip to a farm or a local company.</p>	<p><b>8</b></p>	<p><b>9</b> When you have some "extra" time, go for a walk. It's an excellent way to clear your mind and re-energize.</p> 	<p><b>10</b></p>	<p><b>DID YOU KNOW? 11</b> School-aged children who get 10-11 hours of sleep per night perform better in school.</p>	<p><b>12</b> <b>PLAN A FAMILY OUTING:</b> Visit a stream, pond, lake, or river to splash, swim, or fish.</p>
<p><b>13</b></p>	<p><b>The F.I.T.T. PRINCIPLE 14</b> is an excellent way to monitor your fitness program and increase your <b>STEPS</b> this month.</p>	<p><b>F 15</b> <b>FREQUENCY (HOW OFTEN)</b> Shoot for moderate to vigorous physical activity (MVPA) most days!</p>	<p><b>I 16</b> <b>INTENSITY (HOW HARD)</b> When exercising, get your heart pumping in the Healthy Heart Zone -140-170 beats per minute.</p>	<p><b>T 17</b> <b>TIME (HOW LONG)</b> Try to get at least 60 minutes of MVPA each day.</p>	<p><b>T 18</b> <b>TYPE (WHAT KIND)</b> Aerobic activity is the best way to get disease prevention benefits.</p>	<p><b>Apply the 19 F. I. T. T. Principle as you increase your steps in STEP-tember.</b></p>
<p><b>CONNECT WITH THE KIDS: 20</b> Discuss the day over a device-free family breakfast or dinner.</p>	<p><b>GO THE EXTRA MILE 21</b> Consciously choose to walk a bit farther whenever you have the option during the day.</p>	<p><b>Find a cozy spot and curl up with a good book because it is READ A BOOK DAY! 22</b></p> 	<p><b>23</b></p>	<p><b>Fresh, 24</b> frozen, canned, and dried foods all provide nutritional value to meals.</p>	<p><b>25</b></p>	<p><b>It's Fall, don't sit on the sidelines, break a sweat on FAMILY HEALTH &amp; FITNESS DAY. 26</b></p>
<p><b>Walk in 27</b> place, work out with a resistance band, or do some stretching while you watch TV.</p>	<p><b>28</b></p> 	<p><b>Today is WORLD HEART DAY. 29</b> Get your heart rate up with some moderate to vigorous physical activity (MVPA) to celebrate.</p>	<p><b>BREAK A SWEAT 30</b> Dance, rock climb, ride a bike, or rollerblade for health and fitness benefits without it feeling like a chore.</p>	<p><b>BODY BENEFIT: 31</b> Eggs contain protein, vitamin A and B12, which support brain, nerve, and blood health.</p>	<p><b>THINK PROTEIN! 32</b> Eggs contain high-quality protein, healthy fats, and other essential nutrients like B vitamins.</p>	<p><b>Kickball games, dance lessons, kickboxing sessions, or ice skating are great physical activities. 33</b></p>

## CARROT & APPLE SLAW



This quick and healthy side dish is great for cookouts or dinner and uses in-season produce. Shop the perimeter of the grocery store to find most of the ingredients for this recipe. Makes 8 servings.

### INGREDIENTS

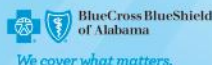
- 1/4 cup lemon juice
- 1/2 zest of lemon
- 1 Tbsp honey
- 1 tsp fresh thyme, chopped
- 2 Tbsp olive oil
- 1/4 tsp salt
- 2 cups carrots, grated
- 2 apples, cut into thin strips or grated

### DIRECTIONS

1. Combine lemon juice, zest, honey, thyme, oil and salt in small bowl.
2. Grate carrots and apple in separate bowl.
3. Pour dressing over carrots and apples.
4. Toss to cover thoroughly.



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# ★ MAKE SEPTEMBER **STEP**-TEMBER ★

ADDING STEPS TO YOUR DAY IN COMBINATION WITH HEALTHY MEALS ARE A GREAT WAY TO IMPROVE OR MAINTAIN YOUR OVERALL HEALTH AND WELLNESS.

**TAKE A BRISK WALK EVERY DAY!  
GRADUALLY INCREASE YOUR TIME TO  
30 MINUTES OR MORE.**

**BEFORE YOU KNOW IT, YOU WILL  
ACHIEVE THE GOAL OF 7,000 -10,000  
STEPS DAILY!**

## **BENEFITS OF REGULAR BRISK WALKING:**

- Maintain a healthy weight.
- Prevent or manage various conditions, including heart disease, high blood pressure, and type 2 diabetes.
- Strengthen bones and muscles.
- Enhance balance and coordination.



**WHEN IT COMES TO WALKING,  
IT IS IMPORTANT TO MAINTAIN  
FORM AND POSTURE.**

- Stand up straight, maintaining a neutral spine.
- Keep your head up and eyes forward.
- Engage your abdominal muscles.
- Relax your upper body.

- Utilize fresh, frozen, canned, and dried foods in a variety of meals.
- Dried fruits are a great addition to homemade trail mix.
- Canned beans provide protein and fiber to a fresh garden salad.
- Frozen vegetables add nutrients and color to soups, stews, and stir fries.
- Fresh vegetables steamed, roasted, or grilled are perfect at any meal.

Add steps to your day by shopping for fresh and frozen produce on the perimeter of the grocery store. Fruits and vegetables can be found in a variety of ways throughout the grocery store. Frozen fruits and vegetables are comparable to fresh produce because they're picked at their peak and flash frozen to preserve nutrients and color. Frozen fruits and vegetables are a great option when fresh produce is not available.

