



Fall into Fitness

Autumn offers unique opportunities to enjoy the outdoors while getting active. Let's explore some fun and effective ways to stay fit this season.

Fall Inspired FITNESS CHALLENGES

Pumpkin Spice Workout Challenge: Incorporate pumpkin-flavored ingredients into your fitness routine, like pumpkin spice protein shakes or pumpkin-based resistance exercises.

Leaf Pile Leap Challenge: Jump over imaginary leaf piles while running or doing plyometrics.

Cozy Blanket Workout: Perform exercises wrapped in a cozy blanket for added resistance.

Embrace the GREAT OUTDOORS

Hike or Walk: Discover new trails and enjoy the stunning foliage.

Bike Rides: Explore your neighborhood or find a scenic bike path.

Outdoor Yoga or Pilates: Find a local park or garden for a serene practice.

Indoor ACTIVITIES

Home Workouts: Create a cozy workout space at home and follow online fitness classes.

Group Fitness: Join a gym or fitness studio for Zumba, spin or barre classes.

Strength Training: Build muscle and boost metabolism with resistance exercises.

Remember

Layer up: Dress in layers to stay comfortable as the temperature drops.

Stay hydrated: Even though it's cooler, your body still needs fluids.

Listen to your body: Pay attention to your limits and rest when needed.

Try incorporating these tips into your routine to improve your physical health — and enhance your mental wellbeing.

"7 easy ways to get your fitness routine back on track this fall," Stephanie Mansour, Today.com, Sept. 27, 2021.

Tiramisu Overnight Oats



Prep Time: 10 minutes
Total Time: 4 hour 10 minutes
Serves: 4

INGREDIENTS:

- 2 cups whole milk
- ½ cup espresso or strong brewed coffee
- 6 tablespoons maple syrup or honey, divided
- 2 ½ teaspoons vanilla extract, divided
- 2 cups old-fashioned rolled oats
- 8 teaspoons chia seeds
- 2 ounces cream cheese, cubed and softened
- 1 (5.3-oz.) container vanilla Greek yogurt
- Cocoa powder, for serving

INSTRUCTIONS:

1. In a large measuring cup, combine milk, coffee, ¼ cup maple syrup, and 1 ½ teaspoons vanilla. Divide mixture among 4 jars or airtight containers.
2. Stir ½ cup oats and 2 teaspoons chia seeds into each container, ensuring oats are submerged in liquid. Cover and refrigerate for at least 4 hours (or up to 12 hours).
3. In a medium bowl, whisk cream cheese until smooth. Whisk in yogurt, remaining 2 teaspoons maple syrup, and remaining 1 teaspoon vanilla until well combined and creamy.
4. Spoon yogurt mixture over oats, spreading into a smooth layer. Dust with cocoa powder and serve chilled.

NUTRITION INFO

Calories per serving: 430, Total fat: 16g, Saturated fat: 7g, Sodium: 121mg, Carbohydrates: 52g, Dietary fiber: 7g, Sugar: 27g, Protein: 14g

Recipe adapted from: thepioneerwoman.com

CHECK-IN THIS FALL

Just as nature prepares for the cold months ahead, we should check in on our health and prepare for the season ahead too. Regular check-ups are crucial to maintaining wellness, and there's no better time to schedule them than during the fall. Here's why:

SEASONAL HEALTH TRANSITIONS

As summer turns to fall, our bodies undergo changes that can bring new health challenges, like the flu or seasonal affective disorder (SAD). During a fall check-up, your healthcare provider can offer tailored advice — such as flu shots or mood management strategies — to ensure you stay healthy through the holidays.

CATCH HEALTH ISSUES EARLY

Regular check-ups are important for catching potential health issues before they become serious. Routine blood tests, blood pressure checks, or even simple conversations about how you're feeling during these appointments provide an opportunity to address concerns early and can make a significant impact on your long-term health.

ESTABLISHING HEALTH GOALS

Fall is perfect for reflecting on the health goals you set earlier in the year. Whether you want to boost fitness, manage your stress better, or simply stay healthy, your healthcare provider can get you back on track to reach your health goals!

TAKE ADVANTAGE OF YOUR HEALTH BENEFITS

The fall is a great time to plan for your medical care and make the most of your health insurance benefits. Many plans cover annual check-ups at no additional cost to you! Scheduling your fall appointment ensures that you take advantage of these benefits before they reset in the new year.

Taking the time for a regular check-up this fall is a simple yet impactful way to ensure that you're healthy, happy and ready to enjoy the season to its fullest.

"10 Fall Health Tips," Medical House Calls, medicalhousecalls.com, September 25, 2023.

"Why do Patients Need Primary Care in the Fall Season?," Centennial Medical Group, centennialmedical.com, October 30, 2019.

