As the sun sets on summer, eating right and staying healthy can sometimes take a back seat to busy back-to-school or back-to-work schedules. When your busy fall schedule kicks in, remember these proven health tips.

Get back to breakfast
Don’t let breakfast be the first thing to ‘fall off’ your fall schedule. Eating a healthy breakfast every day helps give you the energy and nutrients you need. Regular breakfast eaters are also better at managing their weight.

Don’t ‘fall’ for empty snacks
Don’t fill your busy fall schedule with empty-calorie snacks. Choose nuts and fruit, yogurt, smoothies or whole grain snack bars and other snacks packed with lots of nutrition.

Bring a bottle with you
Staying hydrated shouldn’t stop when the temperature starts to dip and the leaves start to fall. Bring a bottle of water or other low calorie beverage with you to your meetings or classes to keep hydrated. Make sure to replace high calorie beverages with zero or low calorie beverages all day and every day.

Remember to walk the walk
With fall meetings or classes in full swing take advantage of the beautiful weather and walk from place to place whenever you can. The steps add up and can put you on the road to better health.

Follow the season
The fall harvest is ripe with delicious fruits and vegetables that are uniquely packed with vitamins and other nutrients. The hearty flavors of fall produce are also a great way to enjoy the season.

Eat Orange
Fall menus are packed with the hearty flavors and beautiful colors of butternut squash, sweet potatoes and yams. The golden orange and yellow colors look perfect on the fall plate and they are also uniquely good for you. Try these ideas to make the most of the season:

- Jazz up your favorite potato salad – substitute sweet potatoes for white potatoes.
- Add butternut squash cubes to stews or vegetable soups.
- Bake, roast or steam sweet potatoes as a side dish.
- Mash steamed butternut squash and sweet potatoes together and flavor with ground ginger and cinnamon.
- Bake butternut squash with peeled apples and top with a sprinkle of brown sugar.
- Mash sweet potatoes with a dash of orange juice and top with orange zest.

Color and Nutrition
Most deep orange or yellow colored vegetables like squash, sweet potatoes and yams are filled with vitamins A and C. They’re also high in fiber.

- Vitamin A: Keeps eyes and skin healthy and helps protect against infections.
- Vitamin C: Provides antioxidant protection and helps with immune function.
- Fiber: Helps reduce cholesterol levels and lowers the risk of heart disease.

Experts recommend at least five servings of fruits and vegetables a day as part of a healthy balanced diet.
Spending time at the gym isn’t the only way to reap the health benefits of regular exercise. Outdoor activities like walks in the park or a nature hike are less vigorous workouts but can be more fun and a more social way to boost your energy levels, manage your weight and improve your mood. So get out, get active and have fun this fall by including the great outdoors in your regular exercise routine.

Take a hike
Hiking and walking in the fall is a treat - the vibrant colors and the sweet smell of falling leaves make it one of the best times to get out on the trail or around town. Wear comfortable shoes and bring some friends!

Grab your bike
You don’t need a special racing bike or designer gear to hit the road. Just make sure you wear a helmet for safety! Enjoy the cooler temperatures while you burn some calories. Ride with friends or join a charity event. Just make sure that you build up slowly over time to prepare for any long rides. Biking is great outdoor fun, and fall is the season for riding.

Look for hiking or bike trail locations near you at www.traillink.com.

Go to the park
Local parks are great all year but fall colors and special events make a park visit the perfect fall activity. It’s a fun place for a healthy picnic and a good way to get outdoors and get active.

Go apple picking
Visit a nearby ‘pick-it-yourself’ orchard this fall. It’s another fun way to get active. Different apple varieties ripen at slightly different times over the course of the season. Pick-it-yourself orchards can be as large as 200 acres so be prepared to walk.

Since everyone’s health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that’s right for you.

Chunky Maple Butternut Squash
Serves 6
Ingredients:
1 ½ lb. butternut squash, peeled, seeded and diced
¼ cup maple syrup
1 ½ tbsp olive oil
1 teaspoon salt
1 ½ tsp gingerroot, peeled and minced
Preparation:
Preheat oven to 400° F. Combine all ingredients and mix well. Place Squash in a single layer on a pan sprayed with cooking spray. Bake for 20-30 minutes until tender.

Caribbean Sweet Potatoes
Serves 6
Ingredients:
1 lb sweet potatoes, peeled and diced
1 teaspoon vegetable oil
2 tablespoons yellow onions, diced, ½ inch
1 tablespoon red pepper, diced, ¼ inch
2 teaspoons lemon juice, fresh squeezed
¼ cup orange juice
3 tablespoons brown sugar
1 teaspoon Caribbean jerk seasoning
Preparation:
Steam sweet potatoes until tender. Sauté onions and red peppers in vegetable oil. Mix orange juice, sugar, lemon juice and jerk seasoning. Add sweet potatoes and juice mixture to sautéed vegetables and bring to a boil then simmer until juices are syrupy. Serve hot.

HEALTHY Lifestyles

Food That Fits Your Life

Chunky Maple Butternut Squash

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NUTRITIONAL INFORMATION