



As the days get shorter and the air gets cooler, we are faced with a whole host of challenges to maintaining our healthy habits. You might have come up with some great ways to make your back to school routine fit with your Healthy You For Life goals, but don't let the holidays scare you. This issue is filled with tips to help you stick to your goals during the upcoming holiday season.

DON'T LET HALLOWEEN TREATS GET THE BEST OF YOU!

- Take the focus off of candy. Build enthusiasm by working on costumes and decorating at home. Plan school or neighborhood activities that involve games and craft projects instead of food.
- Wait to purchase Halloween candy until the day before or the day of trick-or-treat. Buying bags of candy weeks ahead of time will tempt everyone at home to indulge before the holiday.
- If you know you will be eating candy at night, make healthy choices during the day. Make meals count earlier in the day by loading up on vegetables, fruits, lean proteins and whole grains.
- Don't let Halloween candy stick around until Thanksgiving. Enjoy it for a few days, but consider donating the bulk of it to a food bank or service group. Check this website to find locations near you who will pay you (\$1 per pound) to donate your unwanted candy: <http://www.halloweencandybuyback.com/>



CANDY, CANDY CANDY!!!

Cutting back on candy this year at Halloween? Try these non-food items at trick or treat:

Pencils, erasers, crayons, memo pads, coloring books, individual packs of playdough, bubbles, stickers, glow sticks, temporary tattoos, mini slinkies, mini nail polish, spider rings, mini bottles of water, hot wheels or matchbox cars, plastic vampire fangs, mini water squirt guns, fake jewelry, mini coloring books, Halloween key chains, whistles or noise makers, toothbrushes, sugar free gum

Cutting back on Halloween treats can be a challenge, but it is a great step towards staying healthy during Thanksgiving and the winter holidays. This year, enjoy the celebration meals, but try shifting the focus to enjoying activities with family and friends.

Healthy Holiday Hacks to Help Stay on Track:

- Fill half your plate with veggies! Think carrots, green beans, brussels sprouts, squash, and sweet potatoes (hold the marshmallows – see recipe below).
- Avoid "casseroles" that often have lots of added butter, fat and salt.
- Choose skinless white meat turkey, and go light on the gravy.
- Save 1/4 of your plate for the higher calorie starchy foods. Choose wisely...dinner rolls are often part of holiday meals, but add empty calories. Skip the bread and enjoy the special occasion stuffing or mashed potatoes instead.
- Missing fruit? Make your own cranberry sauce or applesauce. Look for recipes that use spices instead of extra sugar to enhance flavor.
- Don't forget about exercise! Be sure to add a family walk, football game, or other physical activity to your celebration day.



There is so much focus on food during the holiday months, but don't forget about physical activity. Here are some ideas from our friendly exercise specialists to help you and your family stay active during the holiday months.

1. Get in the habit of going for a pre or post-dinner walk with family members. If it's getting dark, bring a flash light or reflective clothing to stay safe. Use this as a chance to talk!
2. Turn TV commercials into fitness breaks
3. Sign up for a holiday run or walk. It doesn't matter if you walk the whole thing, just do it!
4. Rake leaves, mow the lawn, and help with gardening chores outdoors.
5. Turn up the music and have a dance party with family or friends.
6. Drive to a local neighborhood or area with great holiday decorations, then get out of the car and walk! (Try walking through the Botanical Gardens as a family)
7. Turn holiday shopping into an excuse to move! Print out a map of the mall and plan a route that ensures some extra steps. Be sure to take the stairs!
8. If traveling to another state to see the in-laws, plan ahead by researching parks, gyms with day passes, and/or nearest kickboxing gyms.
9. Play Family Jenga – write exercises on each piece and you must do the exercise prior to putting the piece on top.
10. Board games with exercises – this is the time when you get to tell mom and dad what to do! Play a board game and make penalties for when people land on your spot or do the amount of repetitions of an exercise that's rolled (roll a 6, do 6 jumping jacks). If someone complains about the exercise, it's doubled!

Plan for some Halloween fun by meeting up with Exercise Specialist Roe DeLutis for Michael Jackson's *Thriller*! We will start learning the dance through breakdowns every Monday and Wednesday from 7:00-7:45pm at CHKD Oakbrooke, in Chesapeake. At the end of October we will perform the dance together.

Sounds like fun? Bring a friend or a family member to learn the dance with you! Can't make Monday and Wednesdays to learn *Thriller*? Keep up with our Facebook page, Healthy You For Life, for video breakdowns we're working on during the week. Any questions? Contact Roe.DeLutis@chkd.org, (757) 668-2386.

Sweet Potato Pecan Casserole



- Cooking Spray
- 3 ½ lbs sweet potatoes (5 medium), peeled and cut into 1-inch chunks
- 1/3 cup honey
- 1 large egg
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- Salt
- 1 tablespoon packed dark brown sugar
- 1/3 cup finely chopped pecans

Directions:

Preheat the oven to 350 degrees F. Mist an 8-inch square baking dish with cooking spray.

Bring a few inches of water to a boil in a pot. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.

Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Recipe by Ellie Krieger for Food Network Magazine

Mock Mashed Potatoes

- 1 medium head cauliflower
- 1 tablespoon cream cheese, softened
- ¼ cup grated Parmesan cheese
- ½ teaspoon minced garlic
- 1/8 teaspoon straight chicken base or bullion (may substitute ½ teaspoon salt)
- 1/8 teaspoon freshly ground black pepper
- ½ teaspoon chopped fresh or dry chives, for garnish
- 3 tablespoons unsalted butter

Directions:

Set a large pot of water to boil over high heat.

Clean and cut cauliflower into small pieces. Cook in boiling water for about 6 minutes, or until well done. Drain well; do not let cool and pat cooked cauliflower very dry between several layers of paper towels.

Blend in a food processor, puree the hot cauliflower with the cream cheese, Parmesan, garlic, chicken base, and pepper until almost smooth.

Garnish with chives, and serve hot with pats of butter.

Recipe by George Stella for Food Network Magazine