



Get outside and rake some leaves!

Fall yard cleanup gives you the perfect chance to get outside, get some fresh air, and even burn some calories while you're at it.

Leaf raking is considered moderate physical exercise – along the same line as taking a brisk walk. An added bonus is that it also pinpoints your arm, back, and flank muscles.

A 135lb person could burn approximately 200 calories per hour spent raking.

Plus... your yard will look great when you're done!

CDC Says "Take 3"

Flu season is among us.

Here are three quick tips being promoted by the Centers for Disease Control to help you fight the flu virus this year:

1. Take the time to get a flu vaccine

The 2011-2012 vaccine will protect against an influenza A H3N2 virus, an influenza B virus, and the H1N1 virus that emerged in 2009 to cause a pandemic.

2. Remember your everyday common precautions

- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue away after use.
- Wash hands with soap and water. When soap and water are not available, use an alcohol-based hand rub.
- Avoid touching eyes, nose, and mouth.
- If you are sick with flu-like symptoms, stay home for 24 hours after your fever is gone.

3. Take antivirals, not antibiotics

Antivirals are prescription medicines that can make the flu more mild, and shorten the time you are sick. Since the flu is a virus, antibiotics will not work. Visit your doctor right away if you have any of these flu-like symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue.

Breakfast Helps Kids Learn

When you skip breakfast, you may be going 12 or more hours without eating. For adults, this is unhealthy, but for children the impact is even more pronounced. In particular:

- Allowing children to skip breakfast teaches them unhealthy habits that they will take forward into adulthood.
- Children who don't eat breakfast may have a harder time focusing in school.
- Studies show that children who eat breakfast regularly score higher on both math, and reading tests.

Ways to foster healthy breakfast habits:

- Most schools have breakfast programs so if you don't have time to eat breakfast in the morning- don't worry. The school has it covered!
- Schedule time for breakfast. Take the extra few minutes to ensure your family is up in time for a healthy breakfast.
- Prepare healthy breakfast items the night before, particularly if you and your children's schedule may prevent you from eating at home.
- Put an end to snacks after dinner. Late night eating may diminish your children's appetite for breakfast and may encourage unhealthy eating habits.
- Set the example. Your children will follow in your footsteps. Teach them healthy eating habits by taking the time to sit down each morning at the table.

Lemon-Carrot Bundles



Ingredients:

- 2 lbs carrots cut into 3 inch sticks
- 10 green onions, white part trimmed
- 2/3 cup fresh lemon juice
- 7 tablespoons butter
- 3 1/2 tablespoons sugar
- 3/4 tsp salt

Directions:

1. Place carrot sticks in a steamer basket over boiling water
2. Cover and steam 8-10 minutes or until crisp/tender
3. Rinse immediately with cold water
4. Pat dry with paper towels
5. Separate into 10 bundles
6. Dip green onion stems in boiling water for 30 seconds
7. Tie one around each carrot bundle, double knot, and trim as needed
8. Bring lemon juice, butter, sugar, and salt to boil in a large saucepan
9. Reduce heat and simmer until sugar is dissolved
10. Add carrot bundles to mixture and cook until heated through.
11. Remove bundles and serve.