

## SEPTEMBER WEEK ONE

This fall, the road to stress prevention starts by setting your schedule.

### 1. Eating

- Return to the family table.
- You don't have to make it all yourself; ask for help in the kitchen.

### 2. Activity

- Too much IS too much when it creates stress in your life.
- You don't have to do ALL activities all at once. Try one at a time.

### 3. Sanity Solutions

- Build "you" time into every day.
- Have actual conversations with your family and friends daily.



# Health/Notes

## SEPTEMBER WEEK TWO

### Does an apple a day really keep the doctor away?

Research shows that people who believe THIS “old wives tale” have...

#### Smarter Brains

The antioxidants protect against Alzheimer’s Disease.

#### Stronger Bones

Flavanoids found only in apples can increase bone density. The Boron in apples also strengthens bones.

#### Cancer Protection

Apples help them all stay cancer free: liver, lungs, breast, and colon.

#### And Smaller Pants

One study found that women who ate apples while dieting lost more than those who did not.







# Health/Notes

## SEPTEMBER WEEK THREE

### Why get active?

**You've got to move it, or you'll lose it!**

#### Benefits of Simple Daily Activity

- Better Brain Power
- A Healthy Immune System
- Daily Energy
- A Good Night's Sleep
- Stamina
- Muscle Tone
- More Energy
- Smaller Pants
- A Healthy Heart
- A Better Mood





## Health/Notes

# SEPTEMBER

## WEEK FOUR

## Healthy Football Foods

The good, the bad, and the ugly

### Definitely DO

- ✓ Guacamole (avocado, tomato, minced onion, S&P, lime and Tabasco)
- ✓ Fresh salsa
- ✓ Artichoke Dip
- ✓ Nuts (no sugar, light salt)
- ✓ Mexican dip (refried beans, guacamole, tomato, lettuce, sour cream)
- ✓ Grilled meats (lean meats are good in moderation)
- ✓ Beer (in moderation)

### Definitely DON'T

- ✗ Day-glo, nacho cheese food
- ✗ Sodas (of any kind)
- ✗ Chips and pretzels with hydrogenated oils
- ✗ Nitrate-filled hot dogs and kielbasas
- ✗ M&Ms, gummy worms, and other sugary candies
- ✗ Caramel corn
- ✗ Frozen or boxed pizza



Mediterranean  
wellness