



Health News From Your Friendly Wellness Partners

## EAT BREAKFAST EVERY MORNING

**Why breakfast is the most important meal of the day!**

Skipping breakfast can make anyone tired, restless and irritable especially kids. Kids who eat breakfast tend to eat healthier throughout the day and are more likely to engage in physical activity, both making for a happier, healthier child. Eating breakfast boosts the body's metabolism by converting food to energy, when your metabolism starts the body burns calories. Eating breakfast is important but what you eat is equally important. Choose breakfast foods that are rich in whole grains, fiber, protein and low added sugar. This can influence attention span, concentration and memory. Try to have a balanced breakfast that includes carbohydrates, protein and fiber. The carbohydrates are a good source of quick, fast energy for the body. The protein will start to be used for energy after the carbohydrates and the fiber and keeps you feeling full longer.

## PRACTICAL TIPS

1. Prepare the night before.
2. Let kids help plan and prepare breakfast.
3. Have grab and go alternatives for kids who are not hungry in the morning or there is little or no time.



## HEALTHY BREAKFAST IDEAS

1. Whole grain waffles with nut butter and fruit
2. Whole wheat pita with sliced hard boiled eggs
3. Leftover rice with apples, nuts and cinnamon
4. Turkey and tomato on a toasted English muffin
5. Low fat cream cheese and fruit on whole wheat toast or bagel
6. Whole wheat toast, fruit, milk or juice

## HEALTHY HALLOWEEN TIPS

1. Eat before they go out to discourage snacking.
2. Let kids know their limit before and why there are limits.
3. Throw out the most brightly colored candy.
4. Encourage sharing!
5. Stop before they feel full or sick. Trade the bag of candy for a toy.

## WALKING IS GOOD FOR YOU

We all know how important physical activity is, but did you know that just walking can significantly improve your health? Walking will reduce your risk of chronic disease, premature death, support a positive mental health and healthy aging. In children and adolescents, increased physical activity can improve their bone health, cardiorespiratory, muscular fitness and body composition. The Surgeon General realizes the importance of walking and physical activity so his call to action is to promote more walkable communities by :

-Make walking a national priority.

-Design communities that make it safe and easy to walk for people of all ages and abilities.

-Promote programs and policies to support walking where people live, learn, work and play.

-Provide information to encourage walking and improve walkability.

## LAUGHING IS GOOD FOR YOU



**Laughing is good for you! Laughing can help with stress and can stop you from getting sick!**

**Here are some jokes to surely make you giggle!**

- **What is a scarecrow's favorite fruit?**
  - **Straw-berries**
- **What do witches put on their bagels?**
  - **Scream- cheese**
- **What position does a ghost play in soccer?**
  - **Ghoulie**

## TRY THIS WITH YOUR FRIENDS!

Here's a Halloween game to play with friends! Make a circle and choose a friend to stand outside the circle. Friends in the circle pat the steady beat and speak the chant while the friend outside the circle walks around the circle. At the end of the chant, the person on the outside taps the person closest to them and they switch places. Play until everyone has had a turn!

The words to the chant:

Ten little costumes at the costume store

Ten little costumes, who could ask for more?

I want first pick, you do too,

Double trouble in a bubble I choose you!