



**SPECIAL
POINTS OF
INTEREST:**

- Breast Cancer Prevention
- Yoga a Day Challenge
- Tips for a Healthy Halloween
- What's Going on in Moscow This Month

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Message from the Wellness Committee

October is Breast Cancer Awareness Month. Many people have battled or know someone who has battle breast cancer. It's important to take care of our bodies and have check-ups with our doctors frequently to ensure our health is good. Here are some tips from the Mayo Foundation for Medical Education and Research on how you can help prevent breast cancer.

- Limit alcohol
- Avoid smoking
- If new or expectant mother, breastfeed
- Control your weight and be physically active
- Limit dose and duration of hormone therapy
- Avoid exposure to radiation pollution

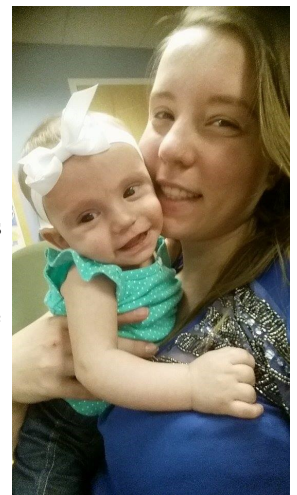
To read more on how to help prevent breast cancer visit the Mayo Clinic's online website below:
<http://www.mayoclinic.org/>

Letter from the Editors



My name is Abbie Rasulo and I am a third year elementary education major at the University of Idaho. Along with being a student I like to participate in yoga. I also love to go snowboarding in the winter, and walk through the arboretum in the fall.

My name is Tiffany Mayes and I'm an elementary education major with a minor in Spanish at the University of Idaho. I have a daughter who is 5 months old and it is very important for me to stay healthy so I can keep up with her as she grows. I love to go on walks everyday around town and experience the great culture that Moscow has to provide.



Fun Fall Activities:

- Go on a walk in the Arboretum
- Rake and jump in-to leaves
- Pick pumpkins at the local pumpkin patch and carve them
- Go on a hike
- Go to farms to pick seasonal foods
- Go to a corn maze
- Play a game of two hand touch football
- Plant bulbs in a garden for next spring
- Set up a scavenger hunt with fall nature
- Collect leaves for art projects
- Take a photo walk
- Go on bike rides
- Play at a park
- Visit the Moscow Farmers Market

Fun Fall Recipes

Healthy Pumpkin Smoothie

- 1/2 cup pumpkin puree
- 1/2 ripe medium-sized banana
- 3/4 cup fat-free vanilla yogurt
- 1 tbsp honey
- 1/2 tsp pumpkin pie spice
- 1/4 tsp vanilla extract
- 1 cup crushed ice

Blend and enjoy!

<http://lowfatcooking.about.com/>



Mound Candy Bars



Ingredients

- 3/4 cup chocolate chunks
- 1/2 cup unsweetened shredded coconut
- 1/4 cup coconut oil
- 1 tablespoon agave nectar or honey

Instructions

1. Melt chocolate in a small pan over very low heat; you can use a double boiler if you wish and temper the chocolate
2. Using a small paint brush, coat the bottom and sides of a mounds candy mold
3. Place mold in freezer for 10 minutes to allow chocolate to harden
4. In a small bowl, combine shredded coconut, coconut oil and agave
5. Remove mold from freezer
6. Fill chocolate lined molds with coconut mixture
7. Paint chocolate over coconut mixture to cover bars
8. Place in freezer for 10 minutes to harden
9. Remove from freezer, turn mold upside down and pop mounds out of mold
10. Enjoy!

<http://elanaspantry.com/mounds-candy-bars/>

Yoga a Day Challenge

GROW SOUL BEAUTIFUL #YogaADay Challenge

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

@GrowSoulBeautiful
Tag #YogaADay
GrowSoulBeautiful.com

<http://growsoulbeautiful.com/instagram-yoga-challenge-contest/>

The potential health benefits of yoga include:

Stress reduction. A number of studies have shown that yoga can help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.

Improved fitness. Practicing yoga can lead to improved balance, flexibility, range of motion and strength. This means you're less likely to injure yourself in other physical endeavors or in your daily activities.

Management of chronic conditions. Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.

<http://www.mayoclinic.org/>

Tips For a Healthy Halloween

Be Calorie Conscious

Weight management is always a challenge but more so during the holidays. The secret to success is calorie intake, which means choosing appropriate portions and remembering that extra bites add up.

Procrastinate

Purchase candy the day of trick or treating to avoid temptation. Buy less than what you think you will need to avoid leftovers and purchase candies that you do not like. If you still have leftovers place them out of sight. If you really have a hard time with temptation choose to pass out non-candy treats such as bouncy balls, spider rings, pencils, erasers, bubbles or stickers.

Eat Before You Trick or Treat

Serve a healthy family dinner before the fun begins, this way the kids will not be tempted to eat candy along the way. After trick or treating, offer a cup of warm, low fat milk with just one treat to ensure that blood sugar is stable before bedtime.

Stay Active

Take a long walk around your neighborhood while trick or treating and enjoy all the decorations and costumes that kids have on.

Practice Portion Control

After trick or treating sort the candy, inspect them and then set boundaries on an amount to be eaten over a period of many days. Always choose fun size candy bars based on the least amount of fat and calories per serving. Lastly always choose healthier dark chocolate versions. Most candy has a long shelf-life. Put the stash out of reach and limit candy to two pieces per day. Larger treats, such as full chocolate bars, can be cut into smaller pieces and frozen.

<http://www.active.com/nutrition/articles/nutrition-tips-for-a-healthy-halloween>

Local Teacher's Outlook on Fall Fitness

Brenda Tribelhorn

6th-8th Grade Skills Class

Moscow Middle School

1. How do you like to stay fit during the fall?

During the fall I like to take walks through my neighborhood and through the arboretum.

2. What are some healthy foods you like to make during fall time?

I like to make salads using late summer ingredients I still have in my garden: tomatoes, string beans, cucumbers, squash, and green peppers. I also like to eat different kinds of apples I find at the Farmer's Market. When the weather turns cooler I make stews and soups.

3. What is the hardest part of staying fit or healthy during the fall?

The hardest part about staying fit and healthy in the fall is that it gets much more difficult to fit in outside walks when the days get shorter. When it's raining or snowing I have much less motivation to go outside to exercise.

4. Does your school have any incentives and encouragements for staff to remain healthy?

Our P.E. department received grant money to develop healthy activities for students and staff. We incorporate "Brain Breaks" throughout the day for students and staff members can also participate. Our P.E. department is also working on some future health-related activities for teachers and staff members

5. In what ways do you keep your students active in the fall?

Students keep active in the fall by participating in sports, walking to school, and with indoor and outdoor P.E. activities.

6. Do you have any healthy alternatives to fall treats or Halloween candy?

I have students make foods such as pumpkin muffins or apple dumplings around Halloween as an alternative to candy.

7. Do you have any safety tips for students for the fall time?

The safety tips I would have for students in the fall is to use crosswalks when crossing the street, always wear helmets when riding bikes, and to be especially careful when walking or riding bikes in the school parking lots since there are many parents driving through and dropping off their kids at school.



Calendar Details

1st Annual Pink

Cocktail:

Oct. 27th

For 13 years

Gritman Medical Center has partnered with generous individuals and businesses to promote early breast cancer detection through the Pink Tea and the Bosom Buddies program. This year they will host the 13th Annual Pink Tea at 10 a.m. and introduce the 1st Annual Pink Cocktail at 4 p.m.

Keeping Kids Warm:

Oct. 31st

Last day to donate new or gently used winter coats to the 30th annual Coats 4Kids Drive! Look for a collection box in your school, or drop off coats at one of the locations listed between Sept. 1st - Oct. 31st. Western Laundry will clean the coats at no charge!

For more details on events visit:

[http://
business.moscowchamber.com/](http://business.moscowchamber.com/)

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Chinese Food Club @ UI	3 Tai Chi in the Market
4 Vandal Soccer vs. Sacramento	5	6	7 Education and Wellness Expo	8	9 Lynne Minton Yoga Workshop	10 Moscow Farmers Market
11 Vandal Soccer vs. Montana	12	13	14 Inland Northwest Blood Drive	15	16 Age of Avengers Showing @ UI	17 Multiple Sclerosis Self-Help Group
18 Vandal Homecoming 18th-25th	19	20	21 Mindfulness Meditation @ UI	22	23 Showing of "Proof" @ UI	24 Moscow Farmers Market
25 Showing of "Proof" @ UI	26	27 1st Annual Pink Cocktail	28 Mindfulness Meditation @ UI	29 Vandal Volleyball vs. Montana State	30 Men's basketball vs. Saint Martin's	31 Keeping Kids Warm



Breast Cancer
awareness month