

Walk this Way



In October of 1994 the Hertfordshire County Council in Great Britain piloted the first walk to school week at several of its schools. Twenty years later what started as an idea has become an international success. This year, schools across the globe will be participating in the international walk to school day on October 8th as part of

the Active & Safe Routes to School Program. Part of the initiative is to encourage children and their families to walk as often as they can during the month of October, and beyond.

The Active & Safe Routes to School Program promotes increasing daily physical activity, improving safety, enhancing the environment, and developing community cohesion. Walking helps improve mood and self-esteem, enhances creativity, and helps prevent diseases related to inactivity. Children who walk to school develop a sense of community and experience improved health.

Start walking with your children while they are young, and help promote positive habits. Walking is not exclusive to school aged children, so lace up your running shoes, set a good example in your community, and join the movement. Start with just one day and consider organizing a neighbourhood walking school bus where parents and volunteers take turns walking children safely to school.

For more information visit :

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

<http://www.saferoutestoschool.ca/i>

<http://everybodywalk.org/act/schools/>

Photo credit: freedigitalphotos.net

Tri Fit Cooks

Autumn Bounty

Fall harvest is here! Enjoy the bounty of the season and give thanks for delicious fall flavours. Visit your local farmer's market and the grocery store aisles for pumpkins, and the many varieties of winter squash.

- **Pumpkin:** High in Beta Carotene, pumpkins can be baked, stewed or fried. Most commonly used in pies, pumpkin puree can also be added to pancakes, pasta, and muffins, but don't stop there! Pumpkin seeds are a good source protein, magnesium, potassium and zinc so roast some in the oven and enjoy!
- **Winter Squash:** High in carotenoids and antioxidants, these gourds have been recognized for their anti-inflammatory properties. Winter squash varieties include acorn, buttercup, spaghetti, hubbard and butternut. These gourds are prone to decay so select ones that are firm, and heavy for their size with dull rinds. Store them in a cool dark place for up to 6 months. Slice in half; remove seeds and bake, or peel and steam.

Challenge your Flexibility!

Flexibility training should be a key component to any workout or active lifestyle, however many individuals neglect to include it. Flexibility improves physical performance, prevents injury and is crucial in performing daily activities such as getting out of bed or lifting children.

Are you tired of the same old flexibility training program and looking for a new way to incorporate more flexibility into your



life? Try the growing hot new fitness trend making its way across Canada: AntiGravity or Aerial yoga.

AntiGravity yoga is a fun, challenging, stress-busting

class with many health benefits. The opportunity to hang freely is great for anyone with back problems as it allows your spine to lengthen, and can increase your height by $\frac{1}{4}$ of an inch. In addition to its spinal benefits, AntiGravity yoga helps to increase strength and flexibility while bringing greater awareness of your body. Like any workout, AntiGravity yoga results in numerous benefits for your internal body functions, such as improved circulatory, digestive and respiratory systems.

AntiGravity yoga is more than just a yoga class. It combines a variety of different exercise styles. When it comes to fitness levels, there are no restrictions. Even those new to yoga will find benefits from AntiGravity Yoga. Due to the nature of the movements including flips and inversions, it is not recommended for pregnant women.

Search an AntiGravity or Aerial yoga studio near you and see how you can challenge your flexibility.

<http://www.besthealthmag.ca/get-healthy/yoga/>

Photo credit: <http://yogagirlsorlando.com/services/aerial-yoga/>

Upcoming Events



HALLOWEEN

With Halloween just around the corner, pay special attention to your oral health. Dental disease can affect anyone. The good news is that it is preventable. Brushing your teeth twice a day, flossing once a day and eating a balanced diet can go a long way in preventing dental disease. And don't forget to schedule regular dental visits.

<http://www.mouthhealthy.org>

HEALTHY WORKPLACE MONTH

October is Canada's Healthy Workplace Month (CHWM). With the goal of increasing the number of healthy workplaces in Canada, the CHWM is a web-based initiative to increase awareness of the importance of workplace health. How can you get involved? Talk to your Tri Fit Wellness Consultant and visit

<http://healthyworkplacemonth.ca> for more information.

RECIPE OF THE MONTH

Pumpkin Spice Muffins

1 cup of almond butter

$\frac{1}{2}$ cup pumpkin purée

2 whole eggs

$\frac{1}{2}$ tsp baking soda

$\frac{1}{4}$ tsp salt

1 Tbsp pumpkin pie spice

$\frac{1}{3}$ cup maple syrup or honey

optional: $\frac{1}{3}$ cup dark chocolate chips

Preheat oven to 350° F and line muffin tin. In a medium bowl combine all ingredients and mix until smooth. Evenly distribute among 12 baking cups. Bake for 15-20 minutes, until the centers are firm. Allow to cool for 15 minutes.

<http://detoxinista.com/2012/10/pumpkin-spice-muffins-grain-free/>