

*Fall is now upon us and with the change in season brings us Thanksgiving, lots of leaves to rake, and some changes to the weather that always affects driving conditions. In this edition of the health and safety newsletter we will touch on each of these topics. We would also like to wish everyone a wonderful and safe Thanksgiving.*

## 5 Ways to Have a Healthier Thanksgiving

If you're trying to reach your feel great weight, Thanksgiving can be a very stressful holiday. With so much delicious food tempting you, it's difficult to keep your healthy habits in check. Who doesn't pile their plate high at Thanksgiving dinner?

Too much splurging on Thanksgiving often sets off a domino effect for the rest of the holiday season. Take control of the day and jump-start your motivation for a healthy and active holiday season—one where you lose weight, not gain!

### Plan a post-meal walk

As soon as you arrive at your Thanksgiving celebration, announce that you plan to take a walk after the meal. Most likely, some of your family and friends will want to join you. Once you get a few people on board, it'll be tough to bail out. A brisk walk will help you burn some calories and likely put you in the right mindset to turn down a second piece of pumpkin pie!

### Walk around and talk to people

Rather than obsess over the food at Thanksgiving, focus your attention on the entire celebration, including the once-a-year sights, sounds, and people at the event. Instead of sampling each and every appetizer before dinner, I walk around and catch up with family and friends.



### Plan a workout date the next morning

Instead of feeling bloated and lethargic the day after Thanksgiving, schedule a fitness date with a friend for that morning—then you have to show up! Knowing you've committed to burning off those extra calories from Thanksgiving allows you to splurge without feeling guilty. Plus, the thought of an early-morning workout might keep you from having too many glasses of wine during dinner!

### Volunteer to help clean up

Instead of picking at the leftovers or helping yourself to a second (or third) dessert, offer to help the host clean up. They will appreciate the gesture, and physically removing yourself from the table will help take your attention away from the food. Cleaning up will also help you burn some calories!

### Stop eating when you're full

OK, this tip probably seems pretty obvious, but Thanksgiving is one of those holidays when people plan to eat until they are stuffed to the brim. Instead of seeing how much you can eat, serve yourself a small, golf ball

size serving of everything you want—no restrictions—but have only enough to satisfy your stomach without overdoing it. Remember, Thanksgiving is one day. Done right, you won't set yourself back too far.

## 10 Health Tips for Autumn Leaves Clean-Up

In many parts of the country, raking leaves is a necessity during the fall months. Both for those unaccustomed to physical activity and regular exercisers, the dynamics of raking can lead to strain and injury to the back, shoulders, and wrists.

You can ease the strain and pain of raking -- fall's most taxing task by taking the following precautions to minimize your risk of sustaining an injury:

1. Avoid twisting your body while raking. Use your legs to shift your weight rather than twisting your back. Throwing leaves over the shoulder or to the side while raking involves twisting movements that can overly strain the muscles in the back.
2. Use a properly-sized rake for your height and strength.
3. Wear gloves to help prevent blisters on the hands.
4. Bend at the knees, rather than the waist, to pick up items.
5. Do some form of light exercise for ten minutes to warm up the muscles prior to raking.
6. Try to vary your movements as much as you can to avoid overuse of muscle groups.

7. Wear shoes with skid-resistant soles to minimize the risk of falling. Sturdy shoes can also reduce the risk of injuries to your feet.
8. Don't overdo. Raking is an aerobic activity - you may need to take frequent breaks or slow your pace if you are an infrequent exerciser. (It's better to live with the leaves tomorrow than with a sore back!)
9. As with any form of exercise, be sure to drink plenty of fluids to prevent dehydration.
10. When you're done, gentle muscle stretching can help relieve tension in the muscles. A hot bath can relax muscles.



## Fall Driving Safety Tips

As weather and road conditions change with the season, following fall driving safety tips will help keep you safe as you enjoy the cool crisp air and the beautiful colors of the autumn leaves.



## The Dangers of Leaves on the Roads

When leaves accumulate on the roadway and become wet, they can get extremely slippery, making the driving conditions similar to driving on ice. If the temperature drops below freezing, the wet leaves will freeze and turn into dangerous icy leaves on the roadway. Besides reducing the car's traction, causing skidding and the possibility of losing control of the vehicle, leaves often cover the painted road markings, making it difficult to know the locations of the lanes. Slow down and allow plenty of room.

## Changing Weather Conditions

In many areas, autumn is a damp, wet season. There are many rainy or foggy days and nights. As the temperatures drop, frost often coats the ground at night.

When driving in fog, set your headlight to low beam. This setting aims the beam of light down toward the roadway.

In the fall as temperatures drop, frost often forms on the roadway, causing hazardous driving conditions. Drive slowly and break gently at overpasses and bridges as these areas frost over more quickly than other roadway surfaces.

## Adjust for Fewer Hours of Daylight

In the fall there are fewer hours of daylight. In the earlier darkness it is common to see children outside playing or riding their bicycles. People are walking their dogs, jogging or taking late afternoon or evening walks. In the fading light of dusk it is more difficult to see the children and pedestrians.

Also, Watch out for children at their bus stops in the morning and as they return home in the afternoon. Always drive defensively.

Halloween is a fun fall holiday. Take special care where children are out trick or treating. They may be wearing masks or costumes that limit their visibility.

## Fall Vehicle Maintenance Tips

- Keep your headlights cleaned and in proper working order, making sure they are aligned.
- Replace your windshield wiper blades if they show any signs of wear.
- Keep an emergency car safety kit in your vehicle.

## Additional Fall Safety Driving Tips

Always keep a pair of sunglasses in your vehicle. Fall sunrises and sunsets can be very brilliant. The bright sun often creates a large amount of glare, making it difficult to see other vehicles, the roadway or the road's shoulder. Wearing sunglasses during these times reduces the danger.



If you live in an area where there are deer, they are more apt to run into the roadway especially at dawn and dusk since the fall is an active breeding time. If you see a deer cross the roadway, proceed very slowly as they often travel in groups.



## Apple, Pear, and Dried Cranberry Crisp



### Ingredients

- 1/2 cup(s) fruity white wine, such as Riesling or Gewürztraminer, heated until steaming
- 1 cup(s) dried cranberries
- 1/2 cup(s) all-purpose flour
- 3 tablespoon(s) unsalted butter, cut into small pieces
- 2 cup(s) old-fashioned rolled oats
- 1/2 cup(s) packed light brown sugar
- 2 tablespoon(s) canola oil
- 1/2 teaspoon(s) salt
- 1/4 teaspoon(s) ground cinnamon
- 3/4 cup(s) packed light brown sugar
- 3 tablespoon(s) unsalted butter
- 4 medium apples, quartered and thinly sliced
- 4 medium pears, quartered and thinly sliced
- 1/2 teaspoon(s) salt

### Directions

1. Pour Riesling over cranberries in a small bowl; let soak for at least 1 hour or overnight before you make the filling.
2. Preheat oven to 350°F.

3. To prepare topping: Place flour in a large bowl. Cut in butter with a pastry blender or your fingers until the mixture resembles coarse crumbs with a few larger pieces. Stir in oats, 1/2 cup brown sugar, oil, salt, and cinnamon until well combined. Refrigerate while you prepare the filling.
4. To prepare filling: Cook 3/4 cup brown sugar and butter in a Dutch oven over medium heat, stirring occasionally, until the butter is melted and the mixture resembles wet sand. Add apples, pears, salt, and the soaked cranberries plus wine. Cook over medium heat, stirring often, until the fruit begins to soften, about 5 minutes. Transfer to a 3-quart glass or ceramic baking dish. Sprinkle with the topping.
5. Bake until the filling is bubbling and topping is browned, about 1 hour. Let stand at least 15 minutes before serving.

May your stuffing be tasty.  
May your turkey be plump.  
May your potatoes and gravy  
have nary a lump.  
May your yams be delicious  
and your pies take the prize,  
and may your  
Thanksgiving dinner  
stay off your thighs!



Happy Thanksgiving