


October 2024

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Explore!

October is the perfect time to see all of the beautiful fall colors in changing leaves and prairie grasses. We have selected some beautiful places for hikes, picnics, and general exploring to check out this month. Click on each name for a link with location and more information. Keep getting outside even as the weather gets cooler!

[Lake Ahquabi](#)

[Easter Lake](#)

[Saylorville Lake Visitors Center](#)

[Howell's Pumpkin Patch](#)



HIIT IT!

Time for another round of High Intensity Interval Training! Do each of these exercises for 30 seconds, take a 10 second break and then go onto the next one.

Start with one round of this routine the first week and work up to 3-4 rounds by the end of the month.

Jump Rope Marching Planks (high to low)
Mountain Climbers Leg Swings
Squats

Pilates

Pilates is a great form of exercise that can help with flexibility and strength. This workout is perfect for kids and families and can be done inside, outside, by yourself or with family and friends. Get ready for the week with Sunday Pilates to help you feel strong, focused, and ready to take on the week!

<https://youtu.be/RtVrQeV2oI8>

National Food Days

October is the national month for several foods and has many national food days as well. It's always fun to acknowledge these days with a fun meal. Click on the links below for a healthier version of some of your favorite foods. Who said healthy food can't be yummy?

[National Taco Day](#)-This website has 23 taco recipes with everything from fish and shrimp to vegetarian and even breakfast versions—all made in 30 minutes or less!

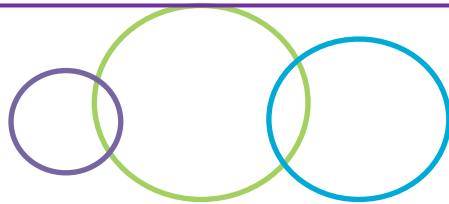
[National Pasta Month](#)-Pasta is such a versatile food that can be made in so many ways. These recipes incorporate veggies to add a boost of nutrients.

[National Pizza Month](#)-Check out this pizza recipe with whole-wheat crust and veggies blended right into the sauce.

[National Chili Month](#)-For this recipe, prep your veggies and brown your meat ahead of time so all you have to do is throw everything together and heat.

Walk or Bike to School

The first Wednesday of October is the day of Iowa's Healthiest State Walk. The second Wednesday is National Bike & Walk to School Day. We thought this would be a good theme for every Wednesday this month. If you bike, be sure to wear a helmet. You'll be surprised at the energy you get for the whole day by starting with a little light exercise.



So Many Veggies!

October is a time for harvest. There are many vegetables that are in season right now which makes them very fresh. The Spend Smart, Eat Smart website and app can help with ideas to prepare these veggies and recipes to make. You will surely find a new veggie or a new way to prepare one that you like!

Cauliflower Parsnips Potatoes Winter Squash Beets

[Spend Smart, Eat Smart](#)

Apples are Awesome

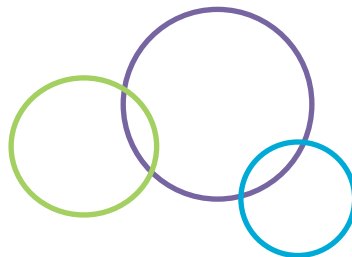
Autumn is a great time to find and even pick your own apples in Iowa. Apples are high in fiber, Vitamin C and other antioxidants. Apples are a great filling snack. Here are some fun snack recipes for you to try on Mondays in October!

[Best Apple Nachos Recipe - How to Make Apple Nachos \(delish.com\)](#)

[Best Donut Apples Recipe - How to Make Donut Apples \(delish.com\)](#)

[Simple Kids Snack Ideas: Crunchy Apple Boats - Childhood101](#)

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>



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