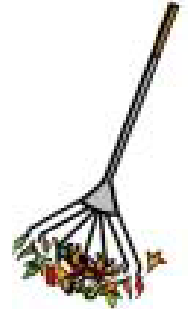




# Autumn is Here...

**“Yellow, red, brown...  
rake them up while they fall down!”**



Raking is a necessary chore – if you keep a layer of leaves on your lawn it will smother the grass below... therefore, raking will keep your grass green and you in shape!

**Raking leaves will allow you to burn 145 calories per 30 minutes!**

That is the same number of calories burned as walking at the rate of 3 miles per hour AND raking uses upper body muscles that we don't use walking...

(The “calories burned” are based on a person weighing 150 pounds)



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# Autumn is Here...

**Don't let the apples fall from the tree...  
BE ACTIVE and PICK your own APPLES this  
Fall Season!**

**They Call New York the Apple State for a Reason!**

**There are a number of nearby apple farms that you can get to by  
public transportation from NYC...**

Soons Orchard, Orange Country, NY - <http://www.soonsorchards.com/>

Wickhams Fruit Farm, Cutchogue, LI - <http://www.wickhamsfruitfarm.com/>

Queens County Farm, Queens, NY - <http://www.queensfarm.org/events.htm>

--You Can Also Pick your Own Pumpkins for Halloween in October!



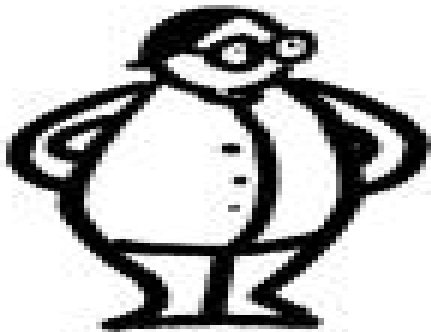
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# Autumn is Here

## Fall into Healthy Activities...

You have already started taking  
**STEPS**  
Towards **GOOD HEALTH!!!**



**Remember to Take  
10,000 Steps Every Day!**

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# Autumn is Here...



**This season offers plentiful opportunities for physical activity while making special memories...**

- ♥ Talk a brisk walk around your neighborhood
- ♥ Breathe in the crisp morning or afternoon air
- ♥ Spend time outdoors with friends and family



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# It is Autumn...



## Fall into GOOD Habits :

- Go for a Bike Ride...
- Take a walk in the woods...
- Explore Camping...



Be Sure to Admire all the  
Beautiful FALL COLORS  
while BEING ACTIVE!!!

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# **AUTUMN is HERE**

**Warm up this Fall by Eating a Healthy Breakfast (Even when you are ON THE GO...)**

## **SOME TIPS:**

- Don't skip Breakfast... It is an important meal!
- Eat whole-grain cereals (hot oatmeal, bran flakes, etc.)
- Choose Fat-free or Low-fat Yogurt
- Fresh Fruit (pack it the night before!)

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# AUTUMN is HERE

**TAKE THE TIME TO UNWIND**

## **Physical Activity Helps to Relieve Stress -**

- Plan a family fun-filled physical activity day (hiking, biking)...
- Play Frisbee in the park... (bring your dog to join in on the fun!)
- On your lunch break, take a stress relieving walk around the block...
- Take the stairs, reach your 10,000 Steps goal each day!



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# AUTUMN is HERE...

## Enjoy a Walking Tour through Central Park



Discover Central Park's history & ecology on free walking tours ~  
Tours are led by trained guides who volunteer for the Central Park Conservancy  
Walking Tour Program!

Walking tours are offered all-year-round AND you have at least 10 different  
walking tours that highlight several areas of Central Park to choose from!

### Here's how...

- ✓ Plan to spend an afternoon (tours are approximately 1 to 1 1/2 hours)
- ✓ Visit [www.centralparknyc.org/site/PageNavigator/programs\\_walkingtours](http://www.centralparknyc.org/site/PageNavigator/programs_walkingtours) and  
choose your tour!  
(No reservations required)
- ✓ Wear comfortable walking shoes!

Every 30 minutes of continuous walking will help you burn 90 calories!  
\*calories based on 150 pound person

## Be Fit to Be'ne'Fit<sup>SM</sup>

