Healthy autumn activities for the whole family

Fall is a great time to create healthy routines and get active with your family! Healthy habits start in the home, and exercising as a family can be a fun way to spend time together and create special memories. Here are some simple ideas to get you started:

• Start your morning with a brisk walk or run. Not only does this rev up your metabolism for the rest of the day, it also gives you time to clear your mind and focus on the day ahead.

• It’s apple season! Take the family to a local orchard for a day of apple picking, or hit up your local farmers’ market as a family. This can also be a great way to learn about new fruits and vegetables.

• Tidy up outdoors. Rake the leaves in your yard. According to Harvard Health, a 125-pound person can burn 120 calories raking the lawn for just 30 minutes.

• Take a post-meal walk. Walk with the family after a get-together like a big Thanksgiving or holiday meal. It gets you out of the house and helps you burn calories, too.

• Go play outside! There are many games you can play outdoors in the fall, like flag football and Ultimate Frisbee. You could also try a simple game of tag, going geocaching, or organizing a scavenger hunt.

• Early snowfall? Go out and play in the snow, build a snowman, go sledding, or shovel the driveway.

Stay active to prevent diabetes

Diabetes is a serious condition that affects more than 20 million Americans. With diabetes, the body does not properly use glucose for energy. Reduce your risk of diabetes by exercising and maintaining a healthy weight. These tips can help you get started:

Set your exercise goal. Build to an exercise goal of at least 150 minutes of moderate activity or 75 minutes of vigorous activity per week. Talk to your doctor before beginning a new exercise routine.

Incorporate cardio. Cardio can be helpful for protecting your heart and controlling your weight. Examples of cardio include walking, jogging, hiking and dancing.

Start strength training. Strength training builds muscle, and muscle burns calories, making it a great way to lose weight. Start by doing two sessions per week. Examples of strength training include:

• Free-weight exercises that may require hand weights, medicine balls, or resistance bands
• Machine-based exercises that utilize gym equipment
• Bodyweight exercises such as push-ups, squats, crunches, planks, etc.

Start with small goals! The key making healthy changes stick is to make small changes and work up to your ultimate goal.
Cool Your Anger

Does your temper rise when a coworker steals your ideas? Or, say, when a family member leaves dirty dishes in the sink again? Everyone gets angry now and then. But blowing up habitually can harm your relationships, cloud your thinking, and may put you at higher risk for heart disease and other chronic conditions. It may also prompt you to turn to unhealthy habits like overeating. **When you feel ready to scream try these on-the-spot diffusers to stay cool:**

**Take a break, step away, and breathe deeply.** Say to yourself, “take it easy.” Deep breathing is the simplest way to slow your heart rate and dissolve the rush of adrenaline that makes you want to lash out.

**Count to 10.** This age-old strategy gives you time and distraction—the keys to effective anger management.

**Take a stretch or walk away.** Physical activity is a powerful way to release anger and stress and shift your mind. If you can, walk outside. Focus on the air, scenery, and your feet hitting the ground.

**Use logic on yourself.** Remind yourself that getting angry is not going to fix anything. Logic defeats anger, and will help you get a better perspective.

…and remember, when dealing with another person’s anger, **stay steady!** Remain cool through the outburst and then choose an appropriate time to communicate your point of view. Avoid responding defensively. Consider the possibility that you may have been wrong, or that you and your opponent may both be right.

If you are struggling with anger issues, consider getting help. Contact an anger specialist or behavioral health professional who can help you deal with anger-related problems. You can also call SAMHSA (Substance Abuse and Mental Health Services Administration) **1-800-662-HELP (4357)** for assistance finding help and resources.

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Diabetes Awareness Month

**Read:** Tips for learning about diabetes risks, how to lower them, and healthy ways to live with diabetes from the American Diabetes Association


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