

## **CPBC October Health and Wellness Moment: *Autumn Safety Tips***

*Sponsored by the Health and Wellness Ministry*

**Autumn is the start of flu season.** This a great time of year to be outdoors, enjoying the crisp air, and watching the leaves change color. As the temperature changes and it begins to get darker sooner, we must safeguard our physical and emotional health. There are a few safety considerations to keep in mind (in addition to wearing your mask, washing your hands, keeping at least six feet between you and other people in public spaces and staying home if you are feeling sick).

Consider:

### **1. Boosting your immune system**

- a. Eat more fruits and vegetables. Aim for 5-10 servings daily.
- b. Sneak your fruits and vegetables in with tasty smoothies. Try the recipe below:
  - 1 cup roughly chopped spinach and kale, packed tightly
  - 1 1/2 cups almond (or any plant-based) milk or coconut water
  - 1 1/2 cups frozen mix of mango, pineapple, and kiwi chunks
  - 1/2 teaspoon freshly grated ginger
  - 1/2 lemon, juiced
  - Dash of cinnamon
  - Squirt of honey
  - Optional, try adding pea protein or chia seeds for added protein and fiber.
- c. Move regularly. Aim for 30 minutes of exercise each day, and move your body every 20 minutes (dance during commercials while watching TV).
- d. Get adequate sleep. Aim for 7 to 9 hours each night.
- e. Try to minimize stress. Did you know that stomach upset, hives, and even heart disease, are linked to the effects of emotional stress?

### **2. SAD (Seasonal Affective Disorder) – Feeling low due to decreased lighting**

- a. With less exposure to sun, you may not be getting enough vitamin D. Consider getting sunshine on your face for at least 10 minutes, taking a Vitamin D supplement and eating more foods high in Vitamin D like wild salmon or tuna, mushrooms, and eggs. Consult your healthcare practitioner before taking supplements.
- b. Resist the urge to nap, and try to wake up earlier to take advantage of the daylight.
- c. Change your scenery throughout the day. Work in a different room of your house, or take a break outside.
- d. Pick up a hobby and give yourself something to look forward to after work.

### **3. Drive safely as it gets darker sooner**

- a. Watch for pedestrians walking on roadways, medians and curbs.
- b. At twilight and in the evening, watch for pedestrians in dark clothing.
- c. Enter and exit driveways and alleys carefully, watching for pedestrians.
- d. Discourage new, inexperienced drivers from driving on Halloween.
- e. If children are allowed out after dark, fasten reflective tape to their shoes, jackets/outerwear, backpacks and bags, or give them glow sticks.
- f. Children and adults are reminded to put electronic devices down, keep heads up and walk, don't run, across the street. Be alert.

#### **4. Fire safety**

- a. Have a specialist check your furnace to ensure it is operating properly.
- b. Do not leave fireplaces or pits unattended. Use a fireplace screen to keep sparks from flying out.
- c. Use caution with space heaters. Allow at least 3 ft. of space around heaters.
- d. Candles look and smell nice during this season, but keep them away from children and pets. Never leave candles unattended.
- e. Burning leaves produces dangerous cancer-causing chemicals. Dispose of your leaves another way or wear a mask.

#### **5. Important dates to remember**

- a. Walktober - In honor of Maryland's Walktober, we invite you to participate in the Discover Montgomery Virtual Challenge by completing 7 hikes in Montgomery County. Please visit [HERE](#) to learn more about Walktober. To learn more about Discover Montgomery Virtual trek, please click [HERE](#). #DiscoverMoCoParks
- b. October 16<sup>th</sup> is annual National Mammography Day. Ladies **and** men, do a self-examination today. Do them monthly. Early detection may save your life.
- c. November 1<sup>st</sup> clocks turn back 1 hour.
- d. November 14<sup>th</sup> is World Diabetes Day. Wear blue, eat healthy, and exercise.
- e. December 1<sup>st</sup> is World AIDS Day. Despite AIDS/HIV, no longer being a pandemic, it has not gone away. Be informed, raise awareness and wear red to show solidarity.

Even as the weather gets cooler, take time to move 30 minutes each day for optimal health. It will reduce stress, provide an energy and mood boost, improve memory, increase productivity, aid in weight loss, and promote a healthy heart, minimizing your risk for stroke, heart disease, and diabetes. #CPBCMveMore

One last tip: When you change your clocks, it's also a great time to check the batteries in your smoke alarms and carbon monoxide detectors.