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HAPPY HALLOWEEN



Trick or Treat!

October is a fun time of year--the weather is perfect for jeans and sweatshirts, the leaves are changing colors, pumpkins make their way to doorsteps, and the candy seems to take over most stores in celebration of Halloween.

For many people, sweets are addicting and downright delicious--but are also packed with the bad stuff: calories, fat and sugar. It can be hard to say no and keep on track with health goals.

When the temptation for sweets grab you, making healthier choices can keep you on the right track.

Picking The Best Treat

Snacking is a part of life, and when it is done in moderation, can be a helpful tool with weight loss and maintenance.



Here are some suggestions for picking the best treat:

- Set aside easy-to-grab, snack size baggies with cut up veggies, fruits, nuts, homemade granola, or cereal
- Make your own trail mix with healthy additions such as pretzels, raisins, nuts, low fat crackers, and dried fruit. Just remember portion control!
- Keep fruit washed and readily available for a quick on-the-go snack
- Avoid sugary beverages, sodas and lattes. Sip on water, tea or low sugar sports drinks.

This month:

- Picking the best treat
- Sugar Overload



Health and Wellness doesn't mean cutting out your favorite foods, but rather training yourself to make healthy choices and enjoying treats in moderation.

- If chocolate is a must, stick to a bite size piece of dark chocolate or candy
- Instead of heading to the candy dish or drawer, keep healthy options available for when temptation strikes
- At work gatherings, share a cookie or other desserts with coworkers or opt for the smallest piece.

Sugar Overload!

For those youngin's heading out in costume to pick up as much loot as possible, it can be a sugar nightmare for parents and caretakers.

Maybe you're in charge of handing out the goodies for your house. Try some of these tips to help combat the sugar overload:

- Offer pretzels or small bags of nuts or trail mix
- Granola bars are an easy and nutritious option instead of candy
- Give out mandarin oranges or small applesauce packs--sweet and healthy!
- Try small toys or play dough
- If you do give candy, make sure to buy the 'fun size' to distribute
- Set a limit of how much candy you eat for yourself and the kids

Remember to avoid the temptation of reaching your hand into the treat bucket while giving away candy!

Good health habits starts with you, and can easily be picked up by family and friends. Make the committment to better your health and choose healthier options when snacking!

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