


HEALTHY YOU

NEWSLETTER



FALL
2025



Back to School

BACK TO ROUTINE

As summer winds down and backpacks fill up, it's a great time to reset and recommit to healthy habits. Whether your child is starting kindergarten or heading into high school, structure and consistency are key to wellness.

Tips for a Healthy School Year

ACTIVE EVERY DAY

Walk or bike to school, take active breaks during homework, or join after-school sports/activities—every bit counts! Aim for at least 60 minutes of movement each day.

☞ Check the back page for our Fall Fun Challenge Checklist and get started!

NUT-FREE ZONES

Looking for a nut-free snack option? Sunflower or soynut butter makes a safe, healthy, and delicious alternative for allergy-conscious families and schools.

Healthy Halloween Tips

SWITCH WITCH

Have your kiddos choose a few pieces of their favorite candies to enjoy, then leave the rest out for the “switch witch” to exchange for a toy or gift card.

FILL UP FIRST

Have a healthy meal before trick-or-treating to help curb candy cravings.

MAKE IT ACTIVE

Plan to walk the neighborhood instead of drive to increase their step count.

GET CREATIVE

If you choose to hand out treats this year, pick out stickers, glow sticks and mini games instead of candy.

THE TEAL PUMPKIN PROJECT

Add your house to the Teal Pumpkin Project map to let kids know your house is food allergy-friendly. You can also use TPP's map to plan your trick-or-treating to include homes handing out non-food treats!



Fall Fun Healthy You Challenge

- ☐ Take a hike or nature walk with your family
- ☐ Make a fall-themed food art like a veggie pumpkin face
- ☐ Do 15 squats while holding a small pumpkin
- ☐ Share one thing you're thankful for at each meal
- ☐ Dance Party: Have a 10 minute dance party in the living room
- ☐ Visit a local farmers market to pick out 3 new vegetables
- ☐ Turkey Trot: Run/jog/walk 1 mile
(split it up and rest in between if needed)
- ☐ Try a new fall fruit or vegetable – apples, pears, sweet potatoes
- ☐ Rainy day challenge: Do 20 jumping jacks, 10 push ups, and 10 sit ups indoors
- ☐ Try apples slices with cinnamon as a snack
- ☐ During every commercial break or at least every hour of watching tv, do an active move (jumping jacks or jogging in place)