fall newsletter

Nutrition

Kids are back to school, the leaves are turning beautiful colors and fall is officially here. This is a great time to go apple picking as a family. The freshly picked apples can then be used in the Fun 2B Fit Awesome Oatmeal recipe. The oatmeal doesn't take long to cook and is a healthy choice for breakfast or a snack.

Click here for the Fun 2B Fit Awesome Oatmeal recipe!

News

Fun 2B Fit is holding a photo contest! Get out your cameras and take a photo doing something healthy. There are four categories: using a Fun 2B Fit recipe, using the Fun 2B fit stopwatch or backpack, doing an activity with your family, or going grocery shopping. Winners in each category will receive a $25 dollar gift card to Dick's Sporting Goods or Wegmans. Click here for contest rules.

Physical Activity

Here are some activities to get you and your family moving outside this fall:

- rake the leaves in the backyard and then jump into the pile
- walk through a corn maze
- take a bike ride
- go to a local park or playground

Click here for the Fun 2B Fit fall activity calendar!

Univera Healthcare's fun 2B fit®

Quick Tip

With the holidays coming up, make sure you and your family still make healthy choices. Consider buying healthier snacks such as trail mix or fruit with low fat carmel dip. Also, consider passing out non-food items such as pencils for Halloween.