



Turn Over a New Leaf... Your Fall Reset Starts Today!

Fall isn't just about cozy sweaters, crisp mornings, and pumpkin-spiced everything. It's also the perfect opportunity for a mini-refresh. If your New Year's resolutions have, well, "fall"en by the wayside, you're not alone. With the changing seasons, cooler weather, and shorter days, now is an ideal time to revisit your routines and create healthy habits that stick.

Here are six mini-resolutions to refresh your nutrition, fitness, and daily routines this season.

1. Make a Flexible Menu: Take a few minutes on Sunday to sketch out a balanced, flexible menu for the week. Jot down a few meals and snacks you're excited to eat, just enough to know what you need to buy. Don't worry about sticking to it perfectly; the goal is to reduce last-minute stress and make healthy choices easier.

Pro tip: A quick grocery run on Sunday makes the whole process smoother, helping you stick to your healthy habits even on busy weekdays.

2. Taste The Season: Fall produce isn't just tasty, it's bursting with nutrients, flavor, and color! Eating seasonally means you get fruits and veggies at their peak ripeness and better prices, all while reducing your environmental footprint.

Right now, look for:

- **Summer fruit continuations:** Enjoy late-season peaches, plums, and berries before they're gone!
- **Fall arrivals:** The first apples, pears, figs and grapes are starting to appear.
- **Late summer's veggies:** Continue to enjoy tomatoes, bell peppers, eggplant, beans, and sweet corn.
- **Early fall vegetables:** As temperatures cool, winter squash, celery, and various greens become more readily available.
- **Root vegetables:** Look for carrots and beets starting to come into season.

By eating with the season, you'll enjoy better flavor, more variety, and a colorful plate that naturally boosts your energy and keeps your meals exciting all season long

3. Smart Snack Swaps: Reboot your snack game this fall by trading empty-calorie grabs for nutrient-packed bites that keep you satisfied longer:

- Swap your afternoon chips for apple slices with peanut or almond butter.
- Swap candy for a handful of fruit such as grapes or fresh berries along with a few nuts or seeds.
- Swap cheese and crackers for hummus with baby carrots or cucumber rounds.
- Swap sugary granola bars for roasted chickpeas or homemade trail mix with dried fruits, raw nuts, and seeds.

4. Wake Up with the Sun: As the days get shorter and it gets darker earlier, try shifting your schedule to match the changing light. Try going to bed 20 minutes earlier and waking up 20 minutes earlier to maximize your exposure to daylight. Aligning your sleep with natural daylight can boost your energy and mood, sharpen your focus, regulate your sleep cycle, and support overall well-being!

5. "Leaf" It All Behind: Take advantage of crisp, cool weather (before it gets too cold) with outdoor activities like hiking, biking, or evening walks. Spending time outside, even for just 20 minutes, boosts Vitamin D levels, eases stress, and makes exercise feel more enjoyable. Plus, soaking in the fall colors is a bonus for your mental health.

6. Swap Scrolling for Sleeping: Aim for 30 minutes of tech-free time before bed. Replace late-night scrolling with reading, journaling, or gentle stretching. Better sleep means improved mood, focus, and immune function, making it easier to maintain all your other healthy habits.

This fall, turn over a new leaf and treat the season as your chance to reset and fall back into your new year's resolutions. Small, consistent changes add up and now is the perfect time to start.

Fall Harvest Smoothie



Give slightly overripe apples or pears a second life by blending them into this creamy, nutrient-packed fall smoothie- the perfect way to transition from summer to fall!

Ingredients:

- 1 apple or pear, cored and chopped
- 1 banana, chopped
- ½–1 cup plain Greek yogurt
- ¼ cup milk or plant-based milk (adjust for desired thickness)
- ¼ cup oats
- ½ teaspoon ground cinnamon
- 1 teaspoon honey or maple syrup (optional, for sweetness)
- Ice cubes (optional, for a colder smoothie)

Instructions:

1. Add the apple (or pear) Greek yogurt, milk, and cinnamon to a blender.
2. Blend until smooth, adding extra milk if needed for consistency.
3. Taste and sweeten with honey or maple syrup if desired.
4. For a colder, frothier smoothie, add a few ice cubes and blend again.
5. Pour into a glass, sprinkle with cinnamon, and enjoy!