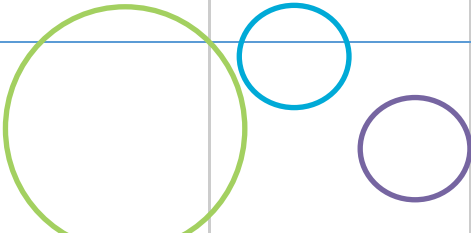




October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Healthiest State Initiative Walk	2 So Many Veggies! Beets	3 HIIT IT	4 Explore! <i>Easter Lake</i>
5 Pilates	6 Tasty Toast	7 Awesome Apples	8 Take a Walk	9 So Many Veggies! Cauliflower	10 HIIT IT	11 Explore! <i>Lake Ahquabi</i>
12 Pilates	13 Tasty Toast	14 Awesome Apples	15 Take a Walk	16 So Many Veggies! Parsnips	17 HIIT IT	18 Explore! <i>Saylorville Lake Visitor's Center</i>
19 Pilates	20 Tasty Toast	21 National Apple Day	22 Take a Walk	23 So Many Veggies! Potatoes	24 HIIT IT	25 Explore! <i>Howell's Pumpkin Patch</i>
26 Pilates	27 Tasty Toast	28 Awesome Apples	29 Take a Walk	30 So Many Veggies! Winter Squash	31 HIIT IT	
  Blank Children's Hospital UnityPoint Health						

Explore!

October is the perfect time to see all of the beautiful fall colors in changing leaves and prairie grasses. We have selected some beautiful places for hikes, picnics, and general exploring to check out this month. Click on each name for a link with location and more information. Keep getting outside even as the weather gets cooler!

[Lake Ahquabi](#)

[Easter Lake](#)

[Saylorville Lake Visitors Center](#)

[Howell's Pumpkin Patch](#)



HIIT IT!

Time for another round of High Intensity Interval Training! Do each of these exercises for 30 seconds, take a 10 second break and then go onto the next one. Start with one round of this routine the first week and work up to 3-4 rounds by the end of the month.

Jump Rope Marching Planks (high to low)
Mountain Climbers Leg Swings
Squats

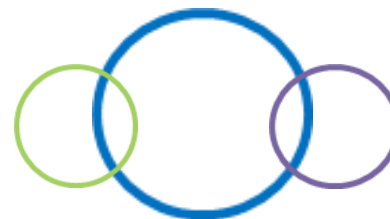
Pilates

Pilates is a great form of exercise that can help with flexibility and strength. This workout is perfect for kids and families and can be done inside, outside, by yourself or with family and friends. Get ready for the week with Sunday Pilates to help you feel strong, focused, and ready to take on the week!

Tasty Toast

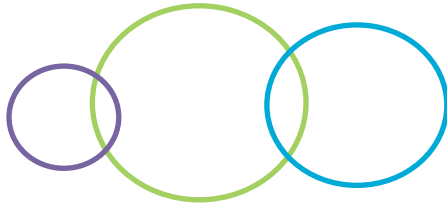
Need an easy way to make breakfast fun! Try these ideas for some tasty toast!

- 1) Choose your bread: Sourdough, pumpernickel, marble rye, whole grain/whole wheat
- 2) Choose your spread: nut butter (almond, peanut, cashew), hummus, cream cheese, preserves
- 3) Choose your toppings: any kind of fruit, eggs, chia seeds, avocado, smoked salmon (really anything that sounds good)



Take a Walk

The first Wednesday of October is the day of Iowa's Healthiest State Walk. Get out and take a 30 minute walk. Try and get your friends or neighbors to come along! Continue this each Wednesday!



So Many Veggies!

October is a time for harvest. There are many vegetables that are in season right now which makes them very fresh. The Spend Smart, Eat Smart website and app can help with ideas to prepare these veggies and recipes to make. You will surely find a new veggie or a new way to prepare one that you like!

Cauliflower Parsnips Potatoes Winter Squash Beets

[Spend Smart, Eat Smart](#)

Apples are Awesome

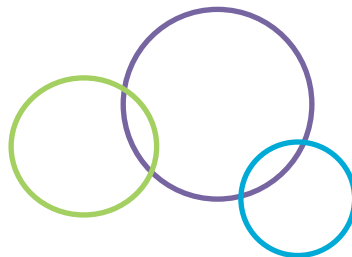
Autumn is a great time to find and even pick your own apples in Iowa. Apples are high in fiber, Vitamin C and other antioxidants. Apples are a great filling snack. Celebrate National Apple Day on Tuesday, October 21st by trying one of these delicious recipes.

[Best Apple Nachos Recipe - How to Make Apple Nachos \(delish.com\)](#)

[Best Donut Apples Recipe - How to Make Donut Apples \(delish.com\)](#)

[Simple Kids Snack Ideas: Crunchy Apple Boats - Childhood101](#)

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>



Blank Children's Hospital
UnityPoint Health

A department of UnityPoint Health - Des Moines - Iowa Methodist Medical Center