



SUN	MON	TUE	WED	THU	FRI	SAT
				1 5-2-1-0 Day	2 HIIT IT	3 Explore! <u>Center Grove Orchard</u>
4 Awesome Apples	5 Fall F & V Sweet Potatoes	6 Tasty Toast	7 Healthiest State Walk	8 5-2-1-0 Day	9 HIIT IT	10 Explore! <u>Heart of Iowa Trail</u>
11 Awesome Apples	12 Fall F & V Beets	13 Tasty Toast	14 Bike or Walk To School	15 5-2-1-0 Day	16 HIIT IT	17 Explore! <u>Red Feather Prairie</u>
18 Awesome Apples	19 Fall F & V Lima Beans	20 Tasty Toast	21 Bike or Walk To School	22 5-2-1-0 Day	23 HIIT IT	24 Explore! <u>Howell's Pumpkin Patch</u>
25 Awesome Apples	26 National Pumpkin Day	27 Tasty Toast	28 Bike or Walk To School	29 5-2-1-0 Day	30 HIIT IT	31 Explore! <u>Jester Park</u>



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)

HIIT IT!

Time for another round of High Intensity Interval Training!

Do each of these exercises for 30 seconds, take a 10 second break, then go onto the next one.

Start with one round of this routine the first week and move up to 3-4 rounds by the end of the month.

Jump Rope
Marching
Leg Swings
Plank-High to Low
Mountain Climbers
Squat Punch

Awesome Apples

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.

Here are some fun snack recipes for you to try on Sundays in October!

[Best Apple Nachos Recipe - How to Make Apple Nachos](#)

[Best Donut Apples Recipe - How to Make Donut Apples](#)

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

Walk or Ride to School

[Healthiest State Annual Walk — Iowa Healthiest State Initiative](#)

5-2-1-0 Thursdays

Make it a 5-2-1-0 day every Thursday this month!

How to:

- Find **5** fruits and vegetables to eat throughout the day
- Cut out **2** hours of screen time

Challenge: No screens while eating!

- 1 Activity: Try to hit **1** hour of physical activity time
- 0** sugary drinks: Replace your juice or flavored drink with water!