



## FIT FOR FALL .

We often focus our fitness makeovers on the beginning of a new year, but fall is actually a great time to step up your health. Cooler weather makes getting out more comfortable, fall sports invite participation, and the shifting season simply offers the opportunity for a fresh start. The trick is remembering it doesn't take radical actions to deliver results.

So, fall into fitness by starting with a few simple steps:

**Get out!** Now that you don't swelter simply by stepping out the door, make the great outdoors your playground. Walk, jog, bike, hike, rake leaves, prep the garden for the winter ... anything that gets you outside. The fresh air alone will do you good, but moving around, even a little, will improve your overall health.

**Get in the habit.** Changing routines is hard, but if you push through the initial challenge of establishing a new schedule, you'll find you have time for taking care of yourself. Set the alarm a little earlier, find a fitness trail near your office, stop at the gym on your way home, or find other ways to shake things up. After a few weeks of pushing yourself to change your habits, you'll find you have new, better habits.

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**Get together.** Enlist family and friends in your new habits and you'll be more likely to succeed – and you'll get the added benefit of spending more time together.

Take these three small steps to develop a foundation for fall fitness and you'll find that, when it's time for New Year's resolutions, you'll already be a big step ahead.

Source: <https://www.active.com/fitness/articles/13-ways-to-stay-fit-this-fall/slide-10> Accessed 09 September 2019.

## Smart Facts

### 43%

of people reach physical activity guidelines through "short bouts" of exercise.

### 175

calories are burned raking leaves for 30 minutes.

### 215

calories are burned in 1 hour of mall shopping.

Source: [https://www.eurekalert.org/pub\\_releases/2013-01/osu-sft012813.php](https://www.eurekalert.org/pub_releases/2013-01/osu-sft012813.php) Accessed 6 September 2019.



## FLU SHOT FACT AND FICTION .

Many people avoid getting an annual flu shot because they worry about side effects. Others are wary of vaccinations in general. Others simply don't like needles.

In these and other cases, people who skip their annual flu shot are making a bad decision based on bad information. America is only a few months beyond one of the worst flu seasons in history – last year's was the longest-running flu season in a decade, and it resulted in a record number of hospitalizations – so now is the time to put bad information to rest and get vaccinated.

Let's debunk some common flu and flu-shot myths:

**"You'll get the flu from the shot."** Not possible. The inactivated virus in a flu shot simply can't transmit an infection. People who get sick after a flu shot likely already had the flu virus in their system or got the virus in the week or two it takes for the vaccine to kick in. The good news: If you do get the flu after receiving a shot, the odds are good that the symptoms will be less severe.

**"If you're healthy, you don't need a shot."** Certainly, being healthy boosts your ability to fight the effects of the flu, but you can't beat the bug simply by being in good health.

**"If you got the shot, you've got nothing to worry about."** Even if you get the flu shot, you still need to do all you can to avoid getting the virus into your system. Wash your hands. Avoid people with the flu. Observe safe-food practices. In other words, take all the precautions, even if you do get a shot.

**"The flu is just a bad cold."** Some flu symptoms are consistent with the common cold, but the virus itself is a lot more serious. Each year, thousands of people die because of the flu.

**"If you feel good, you won't spread the flu."** Between 20% and 30% of people carrying the flu bug have no symptoms, but they can still spread the virus to others.

**"If you got a shot late last season, you're covered for this season."** Different strains of the flu make the rounds each year, and the bug itself can mutate from year to year, so drug manufacturers alter the medication each year to address the particular bugs making the rounds. So, if you haven't received this year's shot, you aren't ready for this year's flu.



*Last year's flu season was the longest in a decade, and it resulted in record numbers of hospitalizations.*

Source: <https://www.usatoday.com/story/life/parenting/2019/09/05/flu-shots-vaccine-2019-kids-get-them-before-halloween-parents-question-effectiveness/2209655001/> Accessed 9 September 2019.  
Source: <https://www.health.harvard.edu/diseases-and-conditions/10-flu-myths> Access 9 September 2019.



# FLU CARE GUIDELINES.

Typically, people who have a cold or flu don't need to go to the doctor. For most of us, the symptoms can be controlled and healing will come with time.

On the other hand, the flu is nothing to fool with. Thousands of people die each year after contracting the influenza virus. So, how do you know when you need to call in a professional, what level of care you need, and which provider will be the best for your pocketbook, schedule, and more? The following are some guidelines to help you make those decisions:

|   | Walk-in Clinic  | Urgent Care   | Telemedicine  | Doc's Office  | Emergency Room   |
|---|---|---|---|---|--|
| <b>When to Choose</b>   | Mild to moderate symptoms. No immediate health risk. Want immediate attention.                | Mild to moderate symptoms. No immediate health risk. Want immediate attention.                | Mild to moderate symptoms. No immediate health risk.  | Persistent fever over 100.4°. Can't keep food down. Difficulty swallowing. Cough, headache, or congestion stop. | Trouble breathing, severe chest pain. Fever over 103°. Severe vomiting. Symptoms ease but return.                                |
| <b>Cost (NOTE: All costs affected by insurance, co-pay, and deductible)</b> | Typically most cost-effective option.   | Typically more expensive than a visit to doctor's office, but less than a trip to the E.R.    | Typically cost-effective. By some estimates, averages half the cost of doctor's office visit. | Usually less than an E.R. visit, but more expensive than walk-in clinic or telemedicine.                        | Tends to be the most expensive option.   |
| <b>Pros</b>   | Quick, walk-in access.  | Quick, walk-in access.  | Don't have to go out.   | Familiar face, provider familiar with health history.   | Usually quick attention. Can be hospitalized if condition warrants.  |
| <b>Cons</b>   | Provider not familiar with your health history. Could pick up infections from other patients. | Provider not familiar with your health history. Could pick up infections from other patients. | No face-to-face exam. Must schedule session.  | Limited hours, appointment required. Could pick up infections from other patients.                              | Without serious symptoms, you might not be seen quickly. No control over provider. Could pick up infections from other patients. |

<https://www.webmd.com/cold-and-flu/cold-guide/when-see-doctor> Accessed 9 September 2019.

<https://www.consumerreports.org/flu/how-to-tell-if-you-need-emergency-flu-treatment/> Accessed 9 September 2019.

<https://intouchhealth.com/curbing-the-flu-this-season-how-telemedicine-is-keeping-us-safe-from-viruses/> Accessed 9 September 2019.

<https://www.ormc.org/blog/emergency-medicine/where-to-go-for-flu-treatment-urgent-care-or-emergency-room> Accessed 9 September 2019.

<https://www.ajmc.com/contributor/john-rehm/2016/12/telemedicine-the-cost-effective-future-of-healthcare> Accessed 9 September 2019.

<https://www.healthdeals.com/blog/save/whats-the-difference-between-the-doctors-office-urgent-care-and-the-retail-walk-in-clinic/> Accessed 9 September 2019.



## Breast Cancer Awareness Month

While much progress has been made in the fight against breast cancer, we shouldn't become complacent about it. One in eight women will develop the disease at some point, but when breast cancer is detected early, and is in the localized stage, the five-year relative survival rate is 100%. Learn more at <https://www.nationalbreastcancer.org/>.

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# HARVEST OF THE MONTH: PUMPKINS

The pumpkin might be the only U.S. crop associated with a single month. We think of most fruits and vegetables as ripening in certain seasons – strawberries in spring, for example, or apples in fall – but Halloween has made the pumpkin October's special produce.

Of course, October isn't as much about eating pumpkins as carving them. In fact, 80 percent of the pumpkin crop is available in October, and the majority of the pumpkins sold in the tenth month never make it into a recipe. However, most of the nation's pumpkins are grown in Illinois, where more than 90% of the annual harvest is used for processed pumpkin foods.

Here are a few more pumpkin facts to ponder as you carve your jack-o-lantern this year ... or as you enjoy the many way pumpkins can be included in recipes.

- You might think of them as vegetables, but pumpkins are actually fruit.
- Pumpkins are 90 percent water.
- Pumpkins have been in the Americas since pre-historic times, but Irish immigrants brought the jack-o-lantern tradition to America in the 1800s.
- Pumpkins are grown on every continent except Antarctica.



**How to select a pumpkin for cooking?** If you do plan to use a fresh pumpkin in a recipe, don't pick ones you would select for carving jack-o-lanterns. Four- to eight-pound pumpkins generally labeled "sugar pumpkins" or "pie pumpkins" will work best. And they don't have to be pretty ... just avoid ones with bruises and soft spots.

**How to store pumpkins?** Pumpkins will store for weeks or even months if you keep them at cool room temperature.

<https://www.thedailymeal.com/cook/12-things-you-didn-t-know-about-pumpkins-0/slide-9> Accessed 9 September 2019.  
<https://www.thekitchn.com/the-best-pumpkins-for-baking-ingredient-intelligence-211333> Accessed 9 September 2019.



## Recipe: Pumpkin Soup

### Ingredients:

6 cups chicken stock  
1½ teaspoons salt  
4 cups pumpkin puree  
1 teaspoon chopped fresh parsley  
1 cup chopped onion  
½ teaspoon chopped fresh thyme  
1 clove garlic, minced  
½ cup heavy whipping cream  
5 whole black peppercorns

### Directions:

1. Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns.
2. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered.
3. Puree the soup in small batches (1 cup at a time) using a food processor or blender.
4. Return to pan and bring to a boil again.
5. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream.
6. Pour into soup bowls and garnish with fresh parsley.

### Nutrition Information:

**CALORIES:** 114; **SUGAR:** 6G; **SODIUM:** 1458MG; **TOTAL FAT:** 6.3G; **SATURATED FAT:** 4.0G  
**CHOLESTEROL:** 24MG; **POTASSIUM:** 303MG; **TOTAL CARBOHYDRATES:** 13.5G; **DIETARY FIBER:** 4.1G; **PROTEIN:** 2.7G; **CALCIUM:** 50MG; **IRON:** 2MG