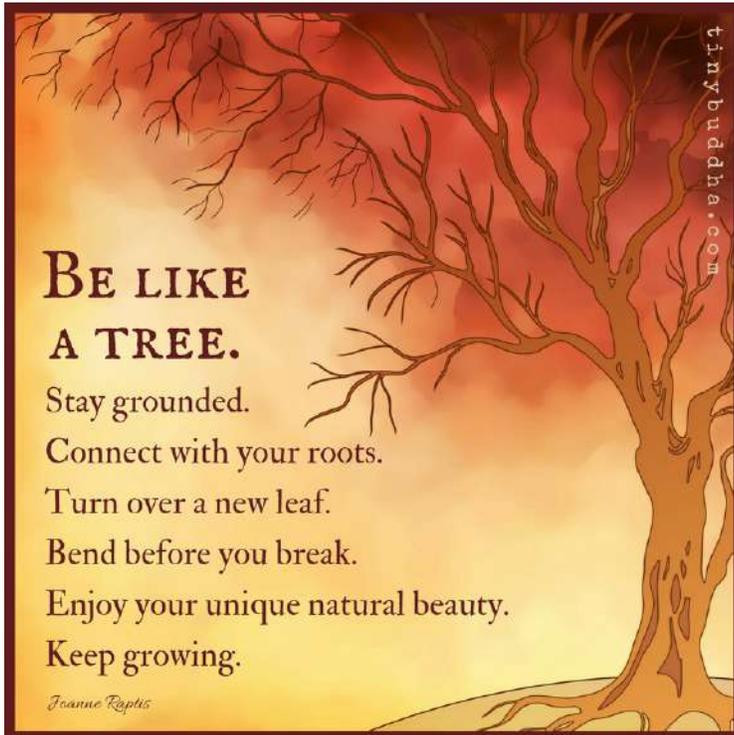


Autumn Reset



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WELLNESS OBSERVANCES

HEALTHY LUNG MONTH

NATIONAL BREAST CANCER AWARENESS MONTH

NATIONAL CHIROPRACTIC MONTH

10/3-10/9: NATIONAL MENTAL ILLNESS AWARENESS WEEK

10/23: MAKE A DIFFERENCE DAY

10/29: WORLD STROKE WEEK

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NJ Hiking Trails Perfect for **CATCHING FALL LEAVES & MOVING YOUR BODY**

MAURICE RIVER BLUFFS TRAIL **EASY - 4.4 MILES**

Located in the Maurice River Bluffs Preserve in Millville, NJ. Heavily trafficked loop trail that features a river and is good for all skill levels. The trail is primarily used for hiking, nature trips, bird watching, and fishing and is accessible year-round. Dogs are also able to use this trail but must be kept on leash.

CAPE MAY POINT TRAIL **EASY - 1.6 MILES**

Located in Cape May Point State Park. Moderately trafficked loop trail that features a lake and is good for all skill levels. The trail is primarily used for walking and running and is accessible year-round.



EGG HARBOR TWP NATURE RESERVE **EASY - 1.6 MILES**

lightly trafficked loop trail located near Egg Harbor Township, New Jersey that features a lake and is good for all skill levels. The trail is primarily used for hiking and walking and is accessible year-round. Dogs are also able to use this trail but must be kept on leash.

EAST CREEK LOOP TRAIL **EASY - 6.7 MILES**

moderately trafficked loop trail located near Woodbine, New Jersey that features a lake and is good for all skill levels. The trail offers a number of activity options and is best used from March until November. Dogs are also able to use this trail.



Remedies for FALL ALLERGY SEASON

Fall can bring snuffle-inducing pollen and weeds too. But sometimes, just a few small changes to your routine can bring symptom relief without any medication.



AVOID POLLEN

Limit your outdoor activity during times of the day when pollen counts tend to be high (typically dawn and dusk) and use a smartphone app to track levels. On top of that, a face mask might help. In fact, 30% of people in a recent study said their seasonal allergies improved when they wore a surgical face mask outside. When you go indoors, take a shower and change your clothes to remove any pollen that might be stuck to you—and keep windows closed so pollen doesn't come inside.

RINSE NASAL PASSAGES

Sinus saline rinses can increase mucous clearance by about 30% which can be very helpful at flushing out allergens. A neti pot can be a great way to get the job done and rinsing may also help reduce inflammation and swelling. One caveat is if you're using medications like nasal steroids, you want to make sure you rinse before you put in the medication because you don't want to rinse the medication away.

COOL DOWN YOUR EYES

Similar to nasal irrigation, artificial tears can help wash allergens out of watery, itchy eyes. Take things a step further and keep the bottle in your fridge. That way it's a little cool when you put it in your eyes, which helps to calm down those allergy cells that are firing off. If you'd rather not use eye drops, a cold compress can also help.

HOME ADJUSTMENTS

If indoor allergies are getting you down, a few tweaks to your home environment can make a huge difference. HEPA air filters can be placed throughout your house, which help to filter out some of the allergens like dust mites and pet dander from the air. Along those same lines, dehumidifiers can help remove moisture from the air in damp areas like basements and prevent the growth of allergens like mold. You'll probably have to do some extra cleaning, too. If you have carpets or rugs, you want to vacuum weekly. You also want to wash your bedding weekly in hot water and dry it in high heat because that will kill off dust mites.

What is a Calorie Deficit?

IS IT HELPFUL FOR WEIGHT LOSS?

When it comes to calories, a deficit is something many people strive for as a way to lose weight. Yet the concept isn't as straightforward as we think. Nutritionist, Cynthia Sass, MPH, RD gives us some more info.

WHAT IS A CALORIE DEFICIT?

There are two ways to achieve a calorie deficit. The first is to eat fewer calories than it takes to maintain your current weight. You can start by using an equation to estimate the number of calories your body needs to maintain your weight. The second way to create a calorie deficit is to burn more calories than you consume. To use this method, a 40-year-old woman could eat 1,700 calories, but transition from being inactive to active. If she burns an additional 300 calories by adding a brisk walk to her day, she's created a calorie deficit.

YOU CAN'T NECESSARILY DEPEND ON ONE ALONE TO LOSE WEIGHT:

Nutrition and metabolism are far more complex than a simple calories-in-vs-calories-out equation. Many factors impact weight-loss results and the rate of weight loss, including the quality of the calories consumed (whole vs processed foods), macronutrient balance, meal timing, hormones, stress, sleep, genetics, gut microbiota makeup, underlying health conditions, and medications.

Plus, not all calories are created equal. A 500-calorie blueberry muffin made with white flour and refined sugar will have a very different effect on your body than a 500-calorie bowl of cooked oats topped with blueberries and walnuts. That's not to say that calories don't matter, but they're not the sole determinant of weight management.

BE PATIENT WITH WEIGHT LOSS:

You don't need to starve yourself in order to lose weight. In fact, people who lose one to two pounds per week are more successful at keeping weight off (the ultimate goal), according to the Centers for Disease Control and Prevention. While many people would like to lose weight faster, even modest weight loss has been shown to result in health benefits, such as improvements in blood pressure, cholesterol, and blood sugars.

Keep in mind that the closer you are to your weight goal, the smaller the deficit between the calories needed to maintain your weight and the number required to support your ideal weight. That means even slower results, perhaps even less than a pound per week. But if you remain focused on feeling well along the way, it's well worth the wait.

Mindful Moments

MONKEY MIND MEDITATION – STAYING ON TRACK



Nourish

BUTTERNUT SQUASH SOUP

Recipe From: <https://www.loveandlemons.com/butternut-squash-soup/>



ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper

recipe preparation

- Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
- Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
- Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.