



### Baked Sweet Potatoes and Apples

Need a sweet treat for the holidays? Try this tasty recipe.<sup>5</sup>

#### Ingredients

- Cooking spray
- 1/4 C sugar
- 1/2 tsp ground cinnamon
- 3 medium sweet potatoes
- 2 medium sweet apples
- 3 T light margarine

#### Directions

- Preheat the oven to 350°F.
- Lightly spray a casserole dish with cooking spray.
- Peel sweet potatoes. Cut crosswise into 1/4-inch slices. Peel apples. Slice into 10 wedges. Set aside.
- In a small bowl, stir together sugar and cinnamon.
- In the casserole dish, layer in order half each of the sweet potatoes, apples, and cinnamon-sugar. Dot with about half the margarine. Repeat.
- Bake, covered, for 1 hour to 1 hour 15 minutes, or until the sweet potatoes and apples are soft.

## Walk THIS Way to Burn More Calories

Varied walking speed burns 20% more

When mother-and-daughter team Helga and Clara Estby walked from Washington state to New York City in 1896, few thought they would make it.

Many thought they were crazy to try. They left home with some food, a compass, pepper spray, a revolver, and a curling iron.

**Q:** Why did they walk their way through 14 states to the Big Apple?

**A:** They hoped to win \$10,000 in prize money to save the family farm.

### Pick up the pace to burn more calories

You may not have a family farm. And you might not have plans to walk across the country. But even a little walking every day is good for your health.

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5 surprising health benefits of walking  
<https://tinyurl.com/pepcrh9s>

A new study suggests that varying your pace as you walk can burn 20 percent more calories than walking at an even pace.<sup>3</sup>

Researchers also found that people generally walk faster when they're tasked with walking longer distances...



- Helga and Clara covered an average of 25 miles per day.
- They walked faster after they ditched their long dresses for shorter skirts.
- They crossed streams, climbed mountains, and battled the elements.
- Many people doubted they could walk that far.

### Want to get more from your daily walk?

Pick up the pace a few times while you're out.

If Helga and Clara were still around, they'd tell you to wear comfortable clothes, too. Walk a little faster, and you'll elevate your heart rate, burn more calories, and strengthen your heart, lungs, and muscles.

## 8 Simple Ways to Eat Less Sodium (continued from page 1)

### 8 sodium habits for better health

Fortunately, a few simple changes can help you cut back on the amount of sodium you consume. Here are some things you can do:

- 1. Eat** more fresh fruits and veggies.
- 2. Buy** low-sodium foods and soups.
- 3. Read** food labels and track your sodium intake.
- 4. Drink** water instead of soft drinks.

**5. Use** low-sodium salad dressings made with extra-virgin olive oil or vinegar.

**6. Cut back** on eating fast-food and packaged meals.

**7. Cook** at home more often. Use herbs and spices instead of salt to season food.

**8. Go easy** on the salt shaker.

**MORE**  
Effects of a high-sodium diet  
<https://tinyurl.com/2njchnc9>

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## Take the November Health Challenge!

Improve Digestion: Practice healthy habits to improve gut health

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

What can I do to prevent back pain?