



RECIPE

Melting Tart-Apple Treat

Want a sweet treat that's better for you than Halloween candy? Try this tasty baked-apple recipe:®

Ingredients

- 4 tart apples, top third of the apple cut off
- ¼ C dried fruit (e.g., raisins, cranberries, apricots)
- ¼ C roasted nuts (walnuts or pecans), coarsely chopped
- 1 T honey
- ½ tsp ground cinnamon
- ¼ C water

Instructions

1. Preheat oven to 375 degrees F.
2. Place apples on a cutting board. Cut off the top third. Use a melon baller or spoon to remove top two-thirds of the core.
3. Prick top sides of the apple with a fork to prevent splitting.
4. Put the dried fruit, nuts, sweetener, and cinnamon in a small bowl. Divide the mixture into four parts. Stuff inside apples.
5. Put water in baking dish. Place apples in the water, open side up. Bake until apples are soft, about 1 hour.

Walk This Way to Lower Stroke Risk

Walk at least two hours a week to protect your brain

When 42-year-old Wisconsin resident Tracy Nelson woke up one morning, her arm was limp. She thought it was probably caused by the way she slept for the night. But it wasn't.

A few minutes later, she collapsed. She crawled to the phone to call for help. And when a 911 operator answered, she couldn't speak. Tracy was having a stroke.

When a stroke strikes your brain

A stroke occurs when a clot blocks blood supply to the brain, or when a blood vessel in the brain bursts.



MORE

Stroke: Know the signs. Act in time. stroke.nih.gov

It can happen to anyone. Every 40 seconds, someone in the United States has a stroke. And within minutes, a stroke can cause serious physical and mental problems.

Take a daily walk to lower stroke risk

A recent study gathered exercise and health data on 135,645 people. The data showed that those who walked at a brisk pace for two or more hours a week lowered their stroke risk by an average of 44 percent.

If you want to lower your risk for a stroke, take a daily walk. @

Want to Live Longer? Limit Screen Time on All Devices (continued from page 1)

Take the one-hour-a-day screen-time challenge

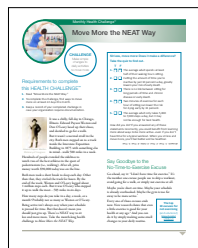
If you want to live longer and protect your health, limit screen time to an hour a day, outside of work. You'll be amazed at how much time you'll have for other things like going for a walk, cleaning the house, reading a book, or spending time with family and friends. @

MORE

10 tips to reduce screen time
<https://tinyurl.com/yas7hde6>

References

1. Radzevičienė, L., et al. (2013). Fast eating and the risk of type 2 diabetes mellitus: a case-control study. *Clinical Nutrition*, 32(2): 232-235. From: <https://tinyurl.com/yy4gvn2o>
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4. American Academy of Pediatrics. (2018). Halloween safety tips. From: <https://tinyurl.com/yber9nvs>
5. Patterson, R., et al. (2018). Sedentary behaviour and risk of all-cause, cardiovascular and cancer mortality, and incident type 2 diabetes: a systematic review and dose response meta-analysis. *European Journal of Epidemiology*, 33(9): 811-829. From: <https://tinyurl.com/y6fgelch>
6. Muth, N.D., et al. (2016). The Picky Eater Project: 6 Weeks to Happier, Healthier Family Mealtimes: Melting apples. From: <https://tinyurl.com/yy7fay3w>



Take the October Health Challenge!

[Move the NEAT Way: Make changes to daily activities to move more](#)

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

[How can I tell if I'm depressed?](#)

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