



Pumpkin Spice Smoothie

How about a fall-friendly breakfast smoothie? This easy-to-make smoothie, made with canned pumpkin (not pie filling), only requires seven ingredients.⁴ Toss everything in a blender, and breakfast is ready in minutes.

Ingredients

1/2 C canned pumpkin (not pie filling)

1/3 C fat-free, plain yogurt

1/3 C fat-free milk or soy milk

2 T rolled oats

2 tsp honey

1/2 tsp pumpkin pie spice

3-4 ice cubes

Directions

- Put all ingredients in a high-powered blender or food processor.
- Blend for about one minute, or until smooth and frothy.
- Pour into a glass. Serve immediately.

1 serving = 199 calories.

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The Breakfast Club: 6 Reasons a Healthy-Morning Meal Matters

Don't skip it...start your day with a healthy breakfast



What's for breakfast? If your morning meal looks anything like Buddy the Elf's favorite dish, it's time to pick some healthier options.

In the movie *Elf*, Buddy (played by Will Ferrell), piles a plate with spaghetti for breakfast. Then he tops it with marshmallows, sugary candy, maple syrup, chocolate sauce, and pastries.

Not exactly healthy, right? Maybe you should just skip breakfast.³

That may not be the best option either, according to the American Heart Association.

People who skip breakfast are more likely to:

- Be overweight or obese
- Have diabetes, heart disease, and high cholesterol
- Use tobacco
- Avoid exercise
- Make poor food choices
- Eat more foods high in sugar, calories, and fat

Join the Breakfast Club, and start your day with a healthy meal. Here's how:

Keep it simple with whole-grain toast or cereal, fresh fruit, or Greek yogurt.

- Plan ahead.** Make muffins with healthy ingredients (berries, bananas, nuts). Or slow-cook oatmeal overnight.
- Make a smoothie** with frozen fruit, bananas, leafy greens, ice, and a blender.
- If you're in a hurry**, take it with you. Or if you stop to order breakfast, pick healthier options (instead of pancakes drenched in syrup, pastries, and sugary drinks).

MORE

12 healthy-breakfast smoothie recipes
<https://tinyurl.com/v2t8fnxr>

Neck & Shoulder Pain? Do THIS for 2 Minutes (continued from page 1)

The 12-minute exercisers achieved the best results. But even the 2-minute exercisers reduced neck and shoulder pain.

The sweet spot to beat neck and shoulder pain, according to researchers?

Two 10-minute exercise sessions per day.

- Try these resistance band exercises (<https://tinyurl.com/y5nc32bg>) to reduce neck and shoulder pain:
- Bent-Over Row

- Rear-Delt Row
- One-Arm Chest Fly
- One-Arm Lateral Raise
- Perform 10 repetitions of each exercise. Repeat 3 times.

MORE

Video:
Exercises for neck & shoulder pain
<https://tinyurl.com/y4pcu97h>

References

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Take the October Health Challenge!

Limit Sugary Foods: Curb sugar cravings to protect your health

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Can hand washing help you avoid getting sick?

