

WHISTLE A HAPPY TUNE

October, 2011 News Letter Connie Crane, Coordinator

Are you ready for the trick or treaters that will be knocking at your door before long?

What kind of treat will you give them? How about a healthy alternative like an apple? The orchards are over flowing with several varieties and you can get some activity and fresh air by picking your own off the tree.

Buy some extra apples and get out the cookbook and fix a healthy yummy treat. You might also enjoy slicing an apple and eating it for a snack. How about putting apple slices on top of your chicken breast and baking it together?

A fun thing to do with the younger kids or the young at heart is to hide apples like you hide eggs at Easter. Maybe even offer a prize for the person who finds the most or prizes for each apple in which you have placed a Halloween sticker.

Healthy alternatives eliminate the temptation of eating any and all of the left over candy. If tempted, say the TOPS pledge to yourself. We are intelligent people. Think about how hard you have worked to lose those pounds this year. A saying I heard a few years ago says..... "Nothing tastes as good as becoming thinner feels"

Watch out for the ghosts and goblins' that are sure to be coming your way.

Until next month.....Whistle a Happy Tune

Connie

