

## **Five ways to rev up your fitness this fall**

Like the New Year, the beginning of fall semester provides an opportunity to start fresh and establish healthy habits. Below are five simple ways to rev up your wellness this fall.

**Get your flu shot:** McKinley Health Center offers flu clinics all over campus. Watch for details in week, or visit the McKinley Health Center website.

**Enjoy Halloween candy, pumpkin spice lattes, etc. sparingly.** Though tasty, too much of these fat and sugar laden treats can pack on the pounds and decrease heart health. Think of these as “whoa” foods to be savored occasionally, not daily.

**Take a hike! Ride a bike! Rake some leaves! Get outside and be active!** This is possibly the prettiest time of year in Central Illinois. The cooler air makes it more pleasant to get outside and move around. The benefits of physical activity are well known. But did you know that getting out in nature has health benefits as well?

**Nourish yourself with seasonal foods:** Buy some fresh veggies at the [campus farm stand](#), Thursdays from 11 am – 4 pm on the main Quad. Make some soup. Bake a pumpkin pie. For yummy fall recipes check out our [online recipe box](#).

**Get more sleep:** As the days get shorter, it is a little easier to fall asleep at night. Take advantage of less sunlight, and train your body and mind to sleep a bit more. Adults need seven to nine hours of sleep a night. But even 30 to 60 minutes more a night will help you feel more energized, get sick less often, and handle stress better.