

# Healthy Harvest



## Friendship, Food & Fitness

As the days get shorter and the temperatures drop, change is in the air – making fall a great time to fine-tune your health.

### Fall into better health by making a few small changes:

**Friendship:** Soothe away stress by getting together with friends. Fall is a good time to reconnect after the summer scattering of vacations and busy schedules.

**Food:** Let beans be part of your diet – add to soup, chilis and other warm comfort foods. Beans are rich in protein, iron, folic acid, fiber, and potassium.

**Fitness:** Strive for the 3 C's. Commitment, convenience, and consistency. Get outdoors – take a hike, rake leaves, etc.