Summer has just passed and Fall is in the air. Fall is considered a great time to start a fitness program because “you’re going to create good habits for the upcoming holiday season and winter months,” so why not start now!

**Fall Tips:**

1. **Take advantage of the weather.** Fall has nice, crisp air which is great for apple picking, pumpkin carving, taking walks, and raking leaves. Take some time to enjoy the outside weather.

2. **Think outside the box.** Look into classes that are offered around the area. Some gyms and other facilities in the area offer free classes, new activity programs, and other types of fun classes for you to take advantage of!

3. **Be an Active TV watcher.** Everyone likes to have some relaxing time to themselves. For those who like to watch TV, “make a date with exercise and TV!” As you watch your TV show, you can walk or run in place, do standing lunges, do tricep dips off of the couch, or lift weights/some heavy object. During commercials you may decide to do some push-ups, sit-ups, a plank…the options are endless! Seeing that 20 minutes are usually commercial interruptions, it would be the perfect time to get active while watching TV.

4. **Remember the 30-day rule:** “It takes about four weeks for the body to adapt to lifestyle changes.” Try to stick with the program for a month, whether it is walking for 15 minutes a day or starting to lift weights, keep practicing these healthy behavior patterns to allow it to become a lifestyle.

5. **Strive for the 3 C’s:** Commitment, Convenience, and Consistency. Finding time to incorporate physical activity takes commitment. With busy college schedules along with life demands, it can get a little hectic at times. Try to plan some sort of physical activity into your everyday. Convenience, choosing something close like GRCC Wellness, classes offered in the area, or walking around the city can make it easy access! Consistency, keep striving to do something everyday, whether it is only for a short time on one day and longer on another, you are moving your body, and that is important!

**Hit the Snooze Button or Get Up?**

By Sophia Breene, Health Magazine

Today, snoozing before officially getting out of bed is a pretty standard practice, especially for college students who stay up really late. One survey found that more than a third of American adults hit the snooze button at least three times each morning!

But slamming the snooze button isn’t as simple as catching a few more Zzs. In fact, using an alarm clock in general might not be the best idea.

**To Snooze or Not to Snooze? – Your Action Plan:**

Weird but true, Relying on the alarm clock’s snooze button can actually make you more tired.

Especially after a night of too little sleep, hitting snooze won’t make getting up any
easier. Those five extra minutes in the morning are less restful than five minutes of REM sleep because they take place at the end of the cycle when sleep is lighter. Although sleep is usually the time when the brain forms new memories, that process doesn’t happen while we’re sleeping in between alarms. Skipping that high-quality sleep can have serious consequences: A recent study found high school students with poor sleep habits (including using an alarm to wake up) didn’t do so well in school.

The secret to an easier wakeup is simple—get more sleep! Set the alarm for the time you actually get out of bed (i.e. the last snooze) and avoid the snooze button altogether. If keeping those paws off the alarm clock is just too difficult, try placing the alarm clock across the room. It’s much easier to resist the siren song of the snooze button if it’s not right next to the bed!

The takeaway: Tired of waking up feeling exhausted? Hitting the snooze button may seem like a good idea at 6am, but alarm clocks—and more specifically, snooze buttons—can disrupt the sleep cycle, which leads to less restful sleep. To get some high-quality Zzs, try going to bed earlier and getting a solid seven to nine hours of sleep.

Fall Breakfast Idea: Baked Pumpkin Oatmeal!

Oats keep your muscle gains up and belly fat down. Here’s a fresh take on a classic that will energize your workouts.

Nutritional Bonus
Pumpkin is low in fat and calories and contains anti-aging alpha-hydroxy acids (AHAs). Cinnamon keeps your hunger at bay by stabilizing fluctuating blood sugar levels. Nonfat cottage cheese yields 14 grams of slow-digesting casein protein in just a half cup serving. Oats whittle your middle with soluble fiber and keep your heart healthy with beta-glucan.

Makes 1 serving · Ready in 35 minutes

1/2 cup old-fashioned oats
1 cup water
1/4 cup pumpkin puree
2 tbsp nonfat cottage cheese
1/4 tsp baking powder
Dash sea salt
1/4 tsp cinnamon
1/2 tsp vanilla
1/8 tsp allspice
1 piece crystallized ginger, crushed
(optional)

Preheat oven to 350°F.
1. Combine all ingredients in an oven-proof bowl. Stir to mix thoroughly.
2. Place in oven and let bake for 30 minutes. Remove and serve.

Nutrients per serving: Calories: 213, Total Fats: 3 g, Saturated Fat: 0.5 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 103 mg, Total Carbohydrates: 38 g, Dietary Fiber: 6 g, Sugars: 9 g Protein: 9 g, Iron: 2 mg

EXERCISE WORKOUT LINKS:
Looking for some exercises, new fitness formats, target areas, and other great fitness and exercise materials? OXYGEN FITNESS MAGAZINE website is full of exercises, personalizing your training program, and a ton of different workouts to target those areas that you want to work.

Here are a couple website links and possible areas you can follow the link to in order to get a new exercise program started for you!

1. Jamie Eason’s 6-minute total body workout:
http://www.oxygenmag.com/Training/Articles/Jamie-Easons-6-minute-workout.aspx
2. Advance Your Abdominals:
3. Your 20-Minute Fat Burn:
http://www.oxygenmag.com/Training/Articles/Your-20-Minute-Fat-Burn.aspx
4. Butt-Boosting Workout:
5. Triceps Circuit:
http://www.oxygenmag.com/Training/Articles/Triceps-Circuit.aspx

Halloween candy has on the shelves for at least a month now, and if it’s not hard enough to resist buying those bags of sugary sweets, now another October-31-inspired treat to tempt you: Nabisco released Candy Corn Oreos in Target stores. Let’s compare a normal Oreo to the NEW Candy Corn Oreo:

• 160 calories vs. 150 calories
• Both have 7 grams of fat
• 24 grams of carbohydrates vs. 21 grams
• Regular Oreos even have a little less sugar: 14 grams vs. 12 grams

Both ingredients lists contain the usual high-sugar, refined-carbohydrate, empty-calorie treat: sugar, enriched flour, high fructose corn syrup, and some fortified vitamins. Even though the food labels look almost identical, there is 28 percent more sugar, 40 percent more calories, and 31 percent more carbohydrates in Candy Corn Oreos than in regular Oreos.

These cookies are so sweet you probably won’t eat more than one! To burn off those calories, here are some things you can do:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories Burned</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 minutes of weeding your garden</td>
<td>160</td>
</tr>
<tr>
<td>23 minutes of cleaning your house</td>
<td>24 grams</td>
</tr>
<tr>
<td>9 minutes of mountain climbers</td>
<td>21 grams</td>
</tr>
<tr>
<td>9 minutes of jumping jacks</td>
<td>21 grams</td>
</tr>
</tbody>
</table>

These cookies are so sweet you probably won’t eat more than one! To burn off those calories, here are some things you can do:

9 minutes of jumping jacks
9 minutes of mountain climbers
23 minutes of cleaning your house
16 minutes of weeding your garden

At 75 calories and almost 1 1/2 teaspoons of sugar per cookie, you can probably find better ways to splurge away your calories, in the end they don’t even taste like candy corn.