7 Tricks to Avoid Halloween Candy

The holidays are creeping up on us and so are all the tempting goodies they bring. Just one snack size candy bar a day will add almost 700 extra calories to your week and how many of us can stop at just one. Here are some tricks to help avoid the temptation.

1. Don’t buy **Halloween candy you love**. It’s easier to resist candy if it’s not our favorite.
2. **Out of sight out of mind**. Ask co-workers to keep their candy in a drawer or a colored container so you don’t see it.
3. **Chew gum**. Sugarless gum can calm down that sweet tooth and help you manage hunger until your next meal.
4. **Eat more fiber**. Keep some fresh fruit on your desk. It will take longer to eat, be more satisfying and keep you healthy.
5. **Count the empty wrappers**. It’s easy to lose count after popping several fun-size candy bars into our mouths. Keep the wrappers on your desk as a reminder of what you’ve eaten.
6. **Take a walking break**. Distract yourself from that inner voice and take a walk, get a drink, or go chat with a co-worker.
7. **Sip on a low calorie beverage**. Green tea is full of antioxidants or for those chocolate cravings sip on some light hot chocolate.

Click **Halloween** for more helpful tips.
Stretches at your Desk

Upper Arm Stretch!

- Begin by lifting one arm and bend it behind your head.
- Use the other hand to help stretch the arm that is behind your head by placing your hand on the elbow of the arm that is behind your head.
- Hold the stretch for 15-30 seconds
- Relax and switch arms and repeat the process.

The greatest
WEALTH
is
HEALTH.
-Virgil

Mankato Marathon

Despite its name the Mankato Marathon is more than just a race for long distance runners. It offers something for everyone. The Mankato Marathon will hold a number of races on October 18th and 19th including the Marathon, Half Marathon, Relay Marathon, 10K, 5K, Kids K, Toddler Trot, and the Diaper Dash. The variety of races gives everyone a chance to get involved and lead a healthier lifestyle. However, the Mankato Marathon does not stop there. They also provide participants and volunteers the chance to attend the Scheels and Under Armour Sport and Health Expo to learn about living healthier and improving their performance. At this expo you are able to sample products and get fun prizes. This year the Mankato Marathon is also paired up with the Mayo Clinic in providing a blog with monthly tips to keep you and your family healthy.

The Mankato Marathon’s primary goal is to help people live healthier lifestyles but this year they are also striving to give back to the community. This year four charities including the Girls on the Run, BackPack food Program, Project for Teens, and Camp Sweet Life Adventure have been chosen to receive donations when participants register for one of the races. In 2013, the Mankato Marathon was named Minnesota’s Top Marathon Worth Traveling For by TripAdvisor.
Cardiorespiratory and Exercise

- When you start exercise again after 3 or more months of not exercising, you can tell that you cannot exert yourself the same as you used to. This is because your heart has to adapt to exercise again.
- When we start exercising again, the body has to adapt and work harder to produce energy that can be exerted.
- Your heart and lungs has to adapt to work better and efficiently when starting to exercise again.
- When you engage in exercise, your heart rate and breathing is noticeably changed. This is because of the increase need for oxygen to the working muscles.
- Start slow after a period of not exercising.
- Stay hydrated.
- Wear loose fitting clothes to avoid overheating
- Give your body time to be able to get back to what you are used to.
- Rest, recovery, and a well planned exercising schedule will help.
- Click HERE to learn more about how the body uses energy

Exercise of the Month

Stationary Lunges! Click HERE for a demonstration and more information. This exercise will help develop lower body leg strength and stability. When preformed correctly, the major music groups used will be the Gluteus and quadriceps.
- When standing, step forward with one leg and lower your body so that the angle of the knee of the front leg is about 90 degrees and the back leg is about 90 degrees also.
- Push yourself up to your starting position by pushing off of your front foot and return to your standing position.
- Repeat the steps above for the other leg.
- This exercise can be preformed with doing 3 sets of 10 repetitions.
- Always warmup 5-10 minuets with cardio
- Always have a cool down run/walk and stretch
- Rest at least 48 hours before doing this workout again.

Fun Fall Fat Burners!

The snow will be flying soon. Let’s get out and enjoy the fall colors while we can with these fun fall fat burners.

1. Flag football: 520 calories an hour.
4. Hiking: 400 calories an hour.
5. Raking leaves: 260 calories an hour.
6. Picking pumpkins with the kids: 150-200 calories an hour.

*estimates based on 150lb woman.

For more ideas on fall fat burners click HERE.

For calories burned to your specifications click HERE.
### Mission Statement

The mission of the Minnesota State University, Mankato Faculty and Staff Wellness Committee is to promote a worksite culture that supports employees’ desire to make healthy lifestyle choices. Our vision is to develop educational outreach activities that encourage employees’ personal and professional productivity and physical, mental, social, and holistic wellbeing.

**Wellness Committee members**

Interns: Corree Johnson, Jody Bertness, and SuChann Yang

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### Contact Us and Mission

**Sponsored by the Minnesota State University, Mankato**

Employee Wellness Committee

Minnesota State Mankato is an Affirmative Action/Equal Opportunity University. Individuals with a disability who need a reasonable accommodation to participate in these events should contact the Wellness Committee at (507) 389-2016 or (507)389-2017.

If you have questions, comments, or topics you would like to see in a future newsletter please contact Carly or Diane or call (507) 389-3269 or (507) 389-2016.

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### Recipe: Curried Pumpkin & Wild Rice Soup

#### Ingredients:
- 2 cups cooked wild rice
- 1 TBS butter or margarine
- 1 lg. onion, chopped
- 2 med. tart apples, peeled, cored, & chopped
- 2 TBS curry powder
- 2 – 15 oz. canned pumpkin
- 31/2 cups low-sodium chicken broth
- 1/2 cup Greek yogurt
- Salt & pepper to taste
- 1/4 chopped cilantro

#### Directions:
- **Cook wild rice according to package directions; set aside.** In a heavy stockpot, combine butter, apples, and curry powder. Cook 5 to 7 minutes, until onions and apples are soft. In a food processor or blender, combine onion mixture with pumpkin until combined, not pureed. Return to stockpot. Add stock, wild rice, and Greek yogurt. Heat thoroughly, but don’t boil. Season to taste with salt & pepper. Garnish with cilantro.

#### Nutritional Information:
- **Servings:** 9
- **Size:** about 1 cup
- **Calories:** 132
- **Fat:** 3g
- **Protein:** 5g
- **Carb:** 23g
- **Fiber:** 5g
- **Sodium:** 316mg

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### Twitter

Click on above icons to see what is happening with the Employee Wellness Committee!
Upcoming and Current Events Continued..

Eat This Not That: 12:00-1:00pm. On October 22nd in AH 304
Heart Healthy Soups: 5:00-6:00pm. On October 28th in WC 139
Meatless Tuesdays Main Dishes: 5:00-6:00pm. On November 4th in WC 139
Fast Food Makeovers: 12:00-1:00pm. On November 5th in CSU 201
Veggie Burgers: 5:00-6:00pm. On November 11th in WC 139
Healthy Eating On a Budget: 12:00-1:00pm. On November 17th in CSU 201
Trimming Down the Holidays: 5:00-6:00pm. On November 19th in AH 304
Follow the Employee Wellness Committee for more upcoming classes and events!

Ongoing Classes

Yoga: Mondays and Wednesdays 12:00-1:00pm. In PH 102
Beginning Tia Chi: Thursdays and Fridays 12:00-1:00pm. At Bresnan’s Arena
Intermediate Tia Chi: Mondays and Wednesdays 12:00-1:00pm. At Bresnan’s Arena
Zumba: Thursdays 5:00-6:00pm. In HN 225