

# HEALTHFUL TIPS

## Fall Fun!

Weight loss surgery helps you to get off the sidelines and back into the game of life. Below is a list of fun fall activities to help you do just that. Grab your family and friends and head out to enjoy these great fall activities.

Visit a local pumpkin farm. In addition to u-pick pumpkin patches, many also offer hay rides, corn mazes, food fairs, and more festive fun and activities.

Forget sugary donuts from the cider mill. Instead make your own protein mini muffins to enjoy—sugar free! Here's how: <http://theworldaccordingtoeggface.blogspot.com/2009/01/time-to-make-donuts.html>

Fill your planters and flower beds with fall favorites—you can't go wrong with mums.

Have a bonfire to enjoy the cooler evenings. Adapt s'mores to fit your new low-sugar lifestyle. Here's how: use sugar-free marshmallows (purchase online), graham crackers and bite-size Hershey's sugar-free chocolate bars.

Enjoy the changing leaves and crisp fall air via train. Look for day trips for a fun family excursion.

Pick apples at a local orchard. Then enjoy an apple fresh from the tree or bake up a no-added-sugar apple treat.

Take a hike or bike ride through a local park.

Get lost in a corn maze and use your wits to find a way out.

Sip warm apple cider on the porch. A low-sugar alternative is sugar-free Alpine Spiced Apple Cider.

Now that you're no longer timid in front of the camera, it's time to take your family Christmas photo. You'll be all set to get your holiday cards out on time.



Carve a pumpkin and toast the seeds.

Check out local antique stores. Enjoy the stroll through memory lane or hunt for a particular piece to freshen up your home décor.

Walk outdoors on a foggy morning and enjoy the crisp fall air.

Autumn is the perfect time to run a race. Look for local races that are a distance just outside of your comfort zone and see just what you can accomplish.

Make a batch of chili and freeze it in small-portion containers.

Start Christmas shopping before the weather turns brutally cold. As Christmas draws near, you'll appreciate your forethought.

Whatever sounds appealing to you, get out and do it. It's time to enjoy all that fall has to offer.