



HEALTHY LIFESTYLES CLINIC

October 15, 2014



HAPPY HALLOWEEN



Alternative Halloween Treats

Too much sugar & candy? Try these fun ideas:



Temporary Tattoos



Halloween Toys



Healthy Treats



Art Supplies

For more ideas, visit:

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/How-to-Have-a-Heart-Healthy-Halloween_UCM_317432_Article.jsp

How to Have a Healthy Halloween

- Make a goal for number of houses visited, or blocks walked
- Wear comfy, athletic shoes
- Use a smaller bag for candy
- Recycle candy for later, or "trade it in" for prizes
- Stay safe! Go out earlier, and head home before it gets dark

