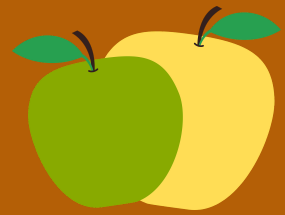


October Healthy Living

By: Markus Taliaferro



Club Healthy Living Activity - Fall

Hike in Rockville Park - Saturday, October 29th at 11:00am

Meet in the parking lot! Hope to see you there!

Healthy Tip

This month's healthy tip is to go on a hike.

Hikes are a great way to get some fresh air and exercise. There are many fun hiking locations around Fairfield, including Rockville Park and Lagoon Valley.

Healthy Recipe

A healthy recipe that is perfect for fall, is roasted pumpkin seeds. When you are carving your pumpkins this year, make sure to save the seeds and create this tasty snack.

Roasted Pumpkin Seeds:

1. Remove the seeds from your pumpkin
2. Wash and dry the seeds.
3. Season the seeds; Toss the seeds in a bowl with olive oil, salt, garlic powder, paprika, and black pepper.
4. Roast the seeds; 350°F for about 12 to 15 minutes, tossing the seeds every 5 minutes to encourage even browning.

