

October Healthy Living

OCTOBER HEALTHY LIVING CHALLENGE
YOGA: SUN SALUTATION

Click [HERE](#) to see the Healthy Living Challenge video for this month!

Each month is a new chance to get healthy and win a gift card to help you make healthy choices all year long. Here's how it works, each month I will give you a new Healthy Living Challenge.

As you complete the challenge, snap a photo, and then send that photo to:

eusticehome@gmail.com along with your name.

Your photo will be featured in the following month's flier as a *Healthy Living Challenger* (see following page) **and** you'll be entered in the monthly drawing for a \$10 gift card to a business that has healthy choices! The October winner will be announced at the November club meeting. The more monthly fitness challenges you complete through the year, the more chances you have to win and to keep making healthy choices every day!

Photos are due by November 6th



October Healthy Living Recipe

Have you ever wanted a pizza that is packed with nutrition? Well, let me tell you about custom homemade pizza! Bonus if you make it a jack-o-lantern shape!

Custom Homemade Pizza Dough

3 cups flour

1 tsp olive oil

2 tsp yeast

1 tsp salt

1 ⅓ cup warm water

Mix the yeast and water together and let sit for five minutes. Mix all other ingredients in a mixing bowl. Add the water and yeast mixture. Mix on low 2-3 minutes in a mixer or by hand for about 6 min. Let rise for one hour before shaping. Makes either 2 large pizzas or 4 personal sized pizzas. Add toppings. Bake at 500°F for 10 min. (cast iron pan is preferable).

Tomato Sauce- Want to stay healthy? Tomatoes have Vitamin C and antioxidants for health

Cheese- Want to stay strong? Calcium in cheese helps keep bones strong

Basil- Want to have a healthy blood pressure? Eugenol in basil helps to lower blood pressure

Red peppers- Have bad allergies? The capsaicin in peppers helps prevent allergies

Onions- Want to reduce your cancer risk? The flavonoids in onions block cancer growth

Olives- Want a healthy heart? Olives are a source of monounsaturated fatty acids which promote heart health

Pineapple- Have a bad cut? Minerals in pineapple shortens bacterial and viral infections

Garlic- Want to keep vampires away? Kidding! Sulfur in garlic boosts your immune system

October's Healthy Living Challengers!

