

THE WEEKLY BLURB

WEEK OF OCTOBER 5, 2020

HEALTHY TIP: DONT WORRY BE HAPPY!

- Make up your mind to be happy, healthy and grateful for the bright future ahead of you.

PHYSICAL ACTIVITY TIP: STAY HEALTHY- EXERCISE

- Regular exercise can help you stay healthy, even as you get older. Try to get 60 Minutes of activity each day.



- Pumpkins contain potassium and Vitamin A.
- Potassium is one of the most important minerals in the body. It helps regulate fluid balance, muscle contractions and nerve signals. What's more, a high-potassium diet may help reduce blood pressure and water retention, protect against stroke and prevent osteoporosis and kidney stones.

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