



Thrive

OCTOBER

is a time for

**fitness,
festivals
and food**



Here is why October is a great time to start a fitness journey:

- You will have a much easier time sticking to healthier habits through the holidays.
- Fall is a great time to get outdoors and enjoy the scenery while getting active.
- You can try challenges and set monthly goals.
- Many gyms offer fitness programs in October, such as monthly challenges or group fitness classes.

Tips for staying active in the fall include:

- Try a new activity like hiking.
- Make exercise fun! Go pumpkin or apple picking with family or friends.
- Try a holiday fitness event. This is the season for Halloween fun runs, turkey trots or reindeer romps.

- Grab a friend and enjoy the colors of fall in a local park that has trails for walking, running or bike riding.
- Stroll through a farmer's market and buy healthy foods like apples and root vegetables that are rich in antioxidants and flavonoids that reduce cholesterol.
- Take advantage of the cooler weather. Play catch, walk the dog, and get friends together to play ultimate frisbee or touch football.
- Make fall chores fun. Raking your lawn can be a great workout. Make it fun by jumping in the leaves!



Fall festival events in Oklahoma

TravelOK has numerous fall festivals and events that can satisfy your fall cravings for plump pumpkins, fall foliage tours and fun.

TOP FALL FESTIVALS

- **Cordell Pumpkin Festival – Oct. 12.**
- **Robbers Cave Fall Festival – Oct. 18-20.**
- **Poteau Balloon Fest – Oct. 18 and 19.**
- **Tulsa Oktoberfest – Oct. 17-20.**
- **Beavers Bend Folk Festival & Craft Show – Nov. 8-10.**

To plan your own trip, visit

https://www.travelok.com/ie/festivals_and_events

FALL FOLIAGE ROUTES

- **Boiling Springs State Park.**
- **Chickasaw National Recreational Area.**
- **Salt Plains State Park.**
- **Lake Murray State Park.**
- **Oologah Reservoir.**
- **Osage Hills State Park.**
- **Red Rock Canyon Adventure Park.**
- **Robbers Cave State Park.**
- **Roman Nose State Park.**
- **Tahlequah to Sallisaw.**
- **Miami to Tahlequah.**
- **Talimena National Scenic Byway.**
- **Kiamichi Tract.**
- **Wichita Mountains Wildlife Refuge.**

For more information visit

https://www.travelok.com/Fall_Foliage_and_Festivals.

TAKE ADVANTAGE OF FOOD IN SEASON.

Fall is a great time to enjoy fresh fruits and vegetables locally grown and in season.

HERE ARE A FEW
FALL FRUITS AND
VEGETABLES:



APPLES
BANANAS
GRAPES
KIWI
SWEET POTATOES AND YAMS
BEETS
BELL PEPPERS
BROCCOLI
CARROTS

THERE ARE SEASONAL FALL RECIPES YOU CAN FIND FROM
THE FOLLOWING WEBSITES:

Shape Your Future - <https://myshapeyourfutureok.com/recipes/tag/fall-recipe/>.

USDA SNAP-Ed Connection - <https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/fall>.

RESOURCES

<https://www.pennmedicine.org/updates/blogs/health-and-wellness/2018/october/tips-to-stay-active-this-fall>.

https://www.travelok.com/ie/festivals_and_events.

<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/fall>.

OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 <u>National Child Health Day</u>	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 <u>National Make a Difference Day 2024</u>	27
National Health Education Week						
28	29	30	31			

Monthly Observance(s)

MAJOR

- National Breast Cancer Awareness Month.
- National Work and Family Month.

MINOR

- Eat Better, Eat Together Month.
- Health Literacy Month.