

# Eat·Learn·Live

*Times*



## ***Get outside and rake some leaves!***

Fall yard cleanup gives you the perfect chance to get outside, get some fresh air, and even burn some calories while you're at it.

Leaf raking is considered moderate physical exercise – along the same line as taking a brisk walk. An added bonus is that it

## **CDC Says “Take 3”**

Flu season is among us.

Here are three quick tips being promoted by the Centers for Disease Control to help you fight the flu virus this year:

### **1. Take the time to get a flu vaccine**

The 2011-2012 vaccine will protect against an influenza A H3N2 virus, an influenza B virus, and the H1N1 virus that emerged in 2009 to cause a pandemic.

### **2. Remember your everyday common precautions**

- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue away after use

## **Breakfast**

When you skip breakfast without eating. For the impact is even

- Allowing children to develop habits that they will
- Children who don't focus in school
- Studies show that they score higher on tests

**Ways to fo**