

# October 2020

Healthy Together

Hello, October! It's the month of cool days, crisp nights, and cozying up. It's also **Eat Better, Eat Together** month, so it's the perfect time to try some healthy comfort-food recipes and share them with your friends and family — virtually, if you have to! Here's a map to help you take good care of your body, mind, and spirit throughout this colorful autumn month.

THU  
01



A healthier you starts today! **Trade out just one cup of coffee for a cup of green tea today.** Green tea is lower in caffeine (could make it easier to get to sleep) and full of heart-healthy antioxidants. Drink up!

FRI  
02



**Make this the month of the VGB: Veggie Grain Bowl!** Once a week, cook up your favorite hearty grain (bulgur, brown rice, quinoa) and mix in roasted veggies like butternut squash, carrots, and green beans. Drizzle with a bit of extra-virgin olive oil and dig in.

SAT  
03



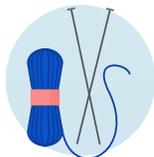
Human connection is one of our most primal needs (yes, even for introverts!). As social distancing becomes the norm, it's more important than ever to stay connected. Here are our **best tips** to keep your connections strong, no matter the distance.

SUN  
04



Fitness fads come and go, but **walking will always be one of the best ways to get and stay healthy.** And in the fall, walking is even better because you get to enjoy cooler temperatures and gorgeous fall colors.

MON  
05



**Take stress relief into your own hands** with a new hobby like embroidery, baking, macramé, or adult coloring books. Heck, even vacuuming can chill you out (and leave you with a sparkling house). These types of relaxing activities take your mind off your troubles and give you a sense of mastery.

TUE  
06



#### INSPIRATIONAL TUESDAY

*"Habits are human nature. Why not create some that will mint gold?"*

—Hafiz

WED  
07



Today, enjoy a healthy breakfast with a **hard-boiled egg with a few slices of avocado.** This combo gives you a heaping dose of morning protein and the "good" kind of fat.

THU  
08



Brussels sprouts are one of our all-time favorite fall veggies. We've got a [Roasted Brussels Sprouts recipe](#) that's so delicious and easy, it will be on your menu all autumn long. Share the recipe with a friend and compare notes over video chat!

FRI  
09



**Fall is the perfect time to dust off the bike and take a spin.** An hour-long bike ride can burn plenty of calories while being easy on your joints. Plus, the crisp fall air gives you the extra zip you need to keep on pedaling.

SAT  
10



A laugh a day keeps the doctor away. A good sense of humor can relieve stress and even create positive physical changes. Read a **comic novel**, watch a **stand-up special**, practice jokes with your family, or put on your favorite **silly movie** tonight.

SUN  
11



Shhh ... this is a secret healthy swap that no one in your family will notice: **Make tacos tonight with turkey instead of beef.** You'll have a leaner meal with a lot less saturated fat.

MON  
12



Remember: You don't have to do a class or lift weights to get a great workout. Even regular chores count! Get outside today and **rake those leaves, pull the last of the weeds, or do some other heart-pumping yard work.** Get after it!

TUE  
13



**INSPIRATIONAL TUESDAY**

*"Cooking food brings rhythm and meaning to our lives."*

—Alice Waters

WED  
14



In the mood for some comfort food? We've got an easy, yummy recipe that checks all the healthy and tasty boxes: [Garbanzo Bean Curry With Carrots](#). Send the recipe to a friend and have a cooking party together over video chat!

THU  
15



Cauliflower is all the rage these days and with good reason: It's low in processed carbs and high in fiber. Our favorite cauli hack? Pizza crust! **Swap out your usual white-flour crust with a cauliflower crust.**

FRI  
16



You've been doing **jumping jacks** since elementary school, but do you have the right form? [Our video](#) will show you how to do this exercise the right way to avoid injury and enjoy this amazing total-body workout.

SAT  
17



**Been nervous to try yoga? Take another look!** It's a centuries-old exercise that benefits your body and your mind. And today, there are more free online yoga classes than ever before so you can find something that's just the right level for you.

SUN  
18



**Roasted pumpkin seeds — also known as pepitas** — make a delicious and nutritious snack. They're high in protein and are an excellent source of magnesium, zinc, and calcium. Try roasting with ranch or taco seasoning for a kick of flavor.

MON  
19



Have a hard time keeping your hand out of the chips bag? **Make a big bowl of air-popped popcorn** and keep it out on the counter to snack on instead. Full of fiber and fat-free. Plus, it's great for family movie night!

TUE  
20



**INSPIRATION TUESDAY**

*"Cooking done with care is an act of love."*

—Craig Claiborne

WED  
21



Since so many of us are working at home these days, **it's the perfect time to try a treadmill desk**. Don't want to spend the big bucks? Find a used treadmill online and add your own shelf for your computer. Voilà!

THU  
22



Having trouble getting or staying asleep? Wind down with some of [our favorite warm drink recipes](#) crafted especially to promote better zzz's. Sweet dreams!

FRI  
23



Here's another VGB (veggie grain bowl) to try: **farro and lentil!** Just boil green lentils and farro for 20 minutes, drain, and add your favorite sautéed or roasted veggies. This is a great midday meal—get a co-worker to make it and meet for lunch on video chat!

SAT  
24



Sometimes the simplest exercises are the most effective. This [Reverse Plank](#) builds core strength and tightens up those tricky triceps. Do this just a few minutes once a day, and you could feel stronger in a couple of weeks!

SUN  
25



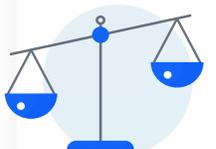
Writing down your thoughts and feelings is a great way to avoid the stress of pent-up emotions. This morning, sit down with a journal and pen (or fire up your computer) and **write whatever comes to mind for 15 or 20 minutes**. Don't edit — just let it flow. This is for your eyes (and health!) only.

MON  
26



Swap your granola bar (with its hidden sugars and fats) for a handful of **healthy trail mix made with nuts, seeds, and unsweetened dried fruit**. You'll get long-lasting energy from all that protein.

TUE  
27



**INSPIRATION TUESDAY**

*"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."*

—Oprah Winfrey

**WED  
28**



Our go-to side dish for fall? **Roasted butternut squash**. You can often find pre-cut squash in the produce aisle at your local store to make it fast and easy to cook up for your family. Just drizzle with olive oil, throw in a few garlic cloves, and roast for 20-30 minutes.

**THU  
29**



There's more and more research that shows that even short sessions of mindfulness meditation can help reduce your stress and lower your blood pressure. If you've never meditated before, **we've got a simple method that can help get you started**.

**FRI  
30**



Fall is a great time to try a new workout. **Always wanted to learn to samba? Or jump rope like Ali?** Just go online and you'll find hundreds of videos — for free — that can get you moving.

**SAT  
31**



Boo! It's Halloween! **Check out our helpful article** about how you can indulge in all your favorite treats without going overboard. You'll thank us tomorrow!

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