



BalanceWorks® Newsletter



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Fall Activities

Are you sad that the hot lazy days of summer are coming to an end? Don't be! Fall brings plenty of opportunities for fun, healthy, seasonal activities that the whole family can enjoy. In many parts of the country the weather is starting to cool down, but it's still warm enough to spend time outdoors. In addition, with fall's cooler weather, we can finally turn off the AC and start using the oven again without worrying about the house getting too hot.

Try all or even just a few of the following activities and have a fabulous fall:

Exercise Outdoors

Fall is one of those rare times when it is actually comfortable to exercise outdoors. Change up your fitness routine for the season and take advantage of the beautiful weather. Start a running or walking program. Play tennis or basketball or grab a group of friends for a weekly kickball, baseball, volleyball, or flag football game. Hit the playground

and use the swings or monkey bars and work some muscles you forgot you had!

Go Apple Picking

Visit an orchard to pick oodles of fresh delicious apples at great prices. Many orchards grow a number of different varieties of apples so you have the opportunity to sample an assortment and maybe even find a new favorite! At orchards you also have the opportunity to enjoy the beautiful scenery, which can be a great stress reliever. When you get home, fire up the oven and make apple pies, crumbles, or crisps, applesauce, apple cider or any other homemade apple products your family enjoys.

Visit a Pumpkin Patch

Pumpkin patches are fun for the whole family. At some patches you can go out into the fields and actually pick your own pumpkins and at others they bring a wide variety of pumpkins up to the farm for you to choose from. In addition to picking pumpkins, many patches offer a wide array of activities

For more information or support on fall activities, contact the work/life experts at **BalanceWorks®** by calling:

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such as hay rides, corn mazes, haunted houses, petting zoos and face painting. When you get home you can carve your pumpkins and then cook the seeds for a healthy crunchy snack.

Have a BBQ

Backyard BBQs aren't reserved just for summer! Having a BBQ in the fall just means you can enjoy the outdoors for longer periods of time without getting too hot. Check out health.com for a healthy take on some traditional BBQ favorites. Have a group of friends over for a Sunday BBQ. After you eat, watch the football games and play a game of touch football in the backyard during halftime.

Take a Trip

Fall provides the perfect mild weather for an enjoyable day trip. Check out a local zoo, visit an amusement park for some thrills, or drive to the nearest major city and sightsee. The Atlantic hurricane season peaks in late August and lasts throughout September. If you are willing to brave the possibility of a hurricane, you can sometimes find great deals on hotels and vacation packages in Florida and the Caribbean Islands during this time period.

Enjoy the Leaves

In many parts of the country, the leaves will begin to change into bright beautiful colors. Take a drive through the countryside and enjoy the foliage. There are several places to enjoy great fall foliage including Aspen, Colorado, the Catskills in NY, the Columbia River Gorge

Homemade Applesauce

via allrecipes.com

Ingredients:

4 apples – cored, peeled, and chopped
¾ cup water
¼ cup white sugar
½ teaspoon ground cinnamon

Directions:

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

Nutrition Information:

121 calories
.2 grams fat

in Oregon, the Great Smoky Mountains in NC and Tennessee, Ohio, Litchfield Hills in Connecticut and Vermont. For some fun with your children, rake the leaves into a big pile and let the kids jump in them!

Remember that eni's Personal Assistants are available to provide you with a list of local pumpkin patches or apple orchards; they can recommend healthy fall recipes to try, or even research vacation options for a fun fall getaway!

Enjoy the season!

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