



Here's to Health!

September 2018

Smiling boosts your
Immune System

The average person burns
about 30 calories per hour
while typing.

If you were to eat
an apple a day it
would take you
over 27 years to
try them all due to
the large amount
of varieties of
apples.

September is National Childhood Obesity Awareness Month!

- 1 in 5 school age children and young people are obese
- A child who is obese is more likely to be obese as an adult
- If things continue the way they are there will be 70 million obese or overweight infants and young children by 2025 globally

Baked Apples

Preheat oven to 350 degrees.

Scoop out the core of the apple from the top leaving a well. Fill each apple with 2tbs brown sugar and 1 tbs butter. Place in shallow baking dish and sprinkle with cinnamon.

Bake for 15 minutes, until sugar begins to caramelize, and apples become tender.

September is also National
Suicide Awareness month.
The National Suicide
Prevention Lifeline number
is 1-800-273-8255.

Did you know?

Apples are stronger
than caffeine when it
comes to helping
someone stay awake.