

BALANCING LIFE

YOU HAVE THE WHOLE MONTH OF OCTOBER TO ACCOMPLISH EACH BALANCING TIP. WRITE DOWN ON YOUR MONTHLY CALENDAR HOW YOU DID IT.

1. Turn It Off

Disconnect on the weekend. I hear the excuses already, but try it, at least for one day or even a few hours each night.

Put the phone down and turn off the computer. Give your work brain a rest. Bonus: Spend the extra time actually interacting with your family and friends!

2. Trim, Trim, Trim

It's a given that if your life is overflowing you will never be able to achieve balance and manage it all. It's just not possible.

Say no to everything that is either not essential or doesn't add something valuable to your life. Be ruthless!

3. Pay Attention to Your Health

We hear this over and over again, but usually only give it lip service. We know what we need to do, but it isn't a priority until we have a health crisis.

Our health really does affect the quality of our lives and our work. We are far more productive and happier when we get enough sleep, eat a little healthier and fit in some type of activity.

4. Minimize Toxins

By that, I don't mean chemicals (though that might help too.) Minimize the negative influences around you.

Avoid toxic people (complainers, whiners, poor attitudes.) If you can't completely avoid them, at least minimize contact and tune them out as much as you can. Surround yourself with positive, supportive, can-do people whenever possible.

5. Spend Time Alone

Making time for you is probably the hardest thing to do for the typical overworked and overwhelmed person, but it is crucial for lowering stress, increasing happiness and encouraging creativity.

Some things to try: meditate, write, sketch, do some yoga or simply sit quietly for a few minutes each day and do absolutely nothing.

6. Relationships Do Matter

Set aside quality time with your family and friends. Don't just sit in front of the television, really connect and pay attention to those you care about.

Make a date with your significant other, have coffee with a friend, play a game with a child. Really get to know the people around you.

7. Treat Yourself

Get a pedicure or a facial. Better yet, schedule a massage. It doesn't need to be costly; a glass of wine, your favorite coffee or tea, a delightfully scented candle or beautiful flowers will make a huge impact.

8. Explore the World

Take a walk and pay attention to what's going on around you. Take a new route, visit a new town or try being a tourist in your own. Attend a local performance, play amateur photographer or go to the park and watch children play. They really know how to enjoy life!

9. Expand Your Awareness

Take a class, learn to paint or try something new that you've always wanted to learn. Read a book that sparks your interest or try listening to uplifting music. Find what interests you.

10. Remember Fun

Laugh, joke, play, find your sense of humor, subscribe to a daily joke or get a tear-off calendar. Nothing makes you feel better as fast as a good old-fashioned belly laugh.

<https://www.lifehack.org>



**Amy Rose Robinson & Claire Metzgar Stretchy
Band Challenge. Complete your calendar to
earn a point on your ticket to fitness.**

October 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|--|
| | | | | | 1 Standing Side Taps 10/1x Rear Delt Pull 10/1x | 2 Standing Reverse Taps 10/1x Tricep Extension 10/1x |
| 3 Standing Side Taps 10/2x Rear Delt Pull 10/2x | 4 Standing Reverse Taps 10/2x Tricep Extension 10/2x | 5 Rest | 6 Standing Lateral Band Walk 10/1x Bicep Curl 10/1x | 7 Standing Adductor Lift 10/1x Banded Open/Close 10/1x | 8 Rest | 9 Standing Adductor Lift 10/2x Banded Open/Close 10/2x |
| 10 Rest | 11 Standing Lateral Band Walk 10/2x Bicep Curl 10/2x | 12 Standing Banded Squat 10/1x Bicep Curl 2 10/1x | 13 Rest | 14 Fire Hydrant 10/1x Bent Over Row 10/1x | 15 Standing Banded Squat 10/2x Bicep Curl 2 10/2x | 16 Rest |
| 17 Fire Hydrant 10/2x Bent Over Row 10/2x | 18 Rest | 19 Donkey Kicks 10/1x Shoulder Side Raise 10/1x | 20 Banded Clam Shell 10/1x Tricep Extension 10/2x | 21 Rest | 22 Donkey Kicks 10/2x Shoulder Side Raise 10/2x | 23 Banded Clam Shell 10/2x Tricep Extension 10/3x |
| 24/31 Rest | 25 Fire Hydrant 10/3x Bicep Curl 10/3x | 26 Standing Lateral Band Walk 10/3x Bicep Curl 2 10/3x | 27 Rest | 28 Standing Side Taps 10/3x Rear Delt Pull 10/3x | 29 Standing Revers Taps 10/3x Banded Open/Close 10/3x | 30 Happy Halloween! |

G R E A T L A K E S



What is the Crunch? Celebrate National Farm to School Month by collectively purchasing and crunching into locally and regionally grown apples at NOON on Thursday, October 14th, 2021. Then share photos from your Crunch on social media! Everyone is welcome to Crunch! Although we aim for a regional Crunch on October 14th, you are welcome to Crunch any day or time in October that works for you.



Who: K-12 schools, early care and education sites, hospitals, colleges and universities, farms, state and local agencies, non-profit organizations, local businesses, groups, and even households can register to Crunch this year! Anyone who wants to show support for local farmers and school food can join!

Where: Anyone across Minnesota, Wisconsin, Illinois, Indiana, Michigan and Ohio can register to Crunch in 2021! Crunch from a socially distanced classroom, the apple orchard, Zoom, the school garden, home, or any safe and creative place!

Join in! In 2020, 807,796 students, children, teachers, and good food supporters across the region crunched. Let's join forces and meet the HUGE goal of ONE MILLION CRUNCHES in 2021!

Send me a picture of your group crunching together at mstamand@calhouncountymi.gov

Everyone in the group gets a point on their fitness ticket.

When we come together around something so simple as a Michigan Apple, we connect to our agricultural heritage, we build local communities, we strengthen our regional economy by keeping our dollars circulating locally, and probably most importantly – we benefit nutritionally from eating a whole, fresh and delicious fruit.

Growing Local Food Systems

Supporting local growers through purchasing their produce not only results in better quality and fresher food, but also builds our local economy. Local food systems fuel rural development through job creation, and importantly inject resilience into our food system. When we value our food and where it comes from we teach our children that eating whole, nutrient dense food is important. And when we value our local farm produce, we keep our dollars circulating in our local economy!



Over the years farmers throughout Michigan have experienced crop loss due to extreme weather, including apple growers. There were two once in a lifetime events within 10 years. There have been hail storms and late frosts since then that have reduced crop yields and values. When we value our farmers we help them invest in the kind of practices that create healthy soil that sequesters carbon.

Together let's support Michigan farmers and the wide variety of apples they grow.