

WELLNESS WARRIORS

Quarterly Newsletter

Family Fun & Fitness

Now that fall weather has finally arrived in Florida, it's the ideal time of year to explore the great outdoors! There are so many fun places to enjoy with the whole family around Jax. Fun fact— JaxParks is the largest park system in America, with over 400 parks and recreational spaces! Here are a few suggestions to inspire your sense of outdoor adventure:

- ✦ *Castaway Island Preserve, 2921 San Pablo Rd. South.*
- ✦ *Jacksonville Baldwin Rail Trail, 850 N. Center St.*
- ✦ *Celestial Farms, 13958 Duval Rd. <http://www.celestialfarms.org/>*
- ✦ *South Beach Park and Sunshine Playground, Osceola Ave. & South Beach Parkway*
- ✦ *Kathryn Abbey Hanna Park. 500 Wonderwood Dr.*
- ✦ *UNF Nature Trails, 1 UNF Drive*
- ✦ *Big Talbot Island State Park, State Rd. A1A North*
- ✦ *Check out these websites for more ideas and info:*

<https://floridahikes.com/jacksonville>

<https://www.jaxmomsblog.com/guide-to-jacksonville/jacksonville-parks-outdoor-activities/>



Wellness Warriors Updates

Candy Callback 2018 was a huge success! We delivered a whopping **300 lbs** of candy to the Mayport USO. Cheers to Sheridan Delegal (1st), Josh Hewitt (2nd) and Maxton Tice (3rd) for donating the most candy and earning Target gift cards in return.

Blessing Blooms are in full blossom at St. Paul's! Each child who receives a Bloom gets one to take home and the other is hung on their classroom door. Encourage your children to continue to Be a Blessing to others, and let's fill all the doors with Blooms!

Tower Garden coming soon to St. Paul's! School gardens provide opportunities for hands-on learning with lessons in health, science, and math, and they also facilitate an increased intake in vegetables.

Green tag day on 11/16 will support this exciting initiative.

Wellness Week will kick off in March with the **Great Amazing Race on 3/2!** Save the date for this fun, family event to be held on campus. Teams of two register and the cap is 150 teams. Stay tuned for more info about this week filled with fun activities to get us moving and lots of healthy snacks to share.





Flu Prevention

Fall also means it's the start of flu season. Here are some key facts from the CDC about the flu and tips to help keep your family healthy during the flu season (peaks during November-March):

Flu can cause mild to severe illness, and at times can lead to death. The first case of pediatric death from the flu this season was already confirmed in Florida.

The first and most important step in preventing flu is to **get a seasonal flu vaccine**. There are many local places that offer the flu vaccine, in addition to your doctor's office: Publix pharmacies, Walgreens, CVS/Target pharmacies, and Carespot are a few convenient options. Publix is currently offering a \$10 gift card for all customers who get a flu shot at their pharmacy, and Target is offering a \$5 gift card, if you get your flu shot at one of their in-house CVS pharmacies.

For more information about the flu and prevention tips, check out the CDC website: <https://www.cdc.gov/flu/protect/preventing.htm>

Healthy Fall Recipe Featuring Pumpkin

Pumpkin is a very nutritious and versatile autumn favorite. Interesting fact: it's technically a fruit since it contains seeds, but is more like a vegetable in terms of nutrition. The seeds, leaves, and flesh are all edible. It's nutrient dense and contains fiber, vitamins, minerals and antioxidants, being especially high in beta carotene (fights infections, supports healthy vision and skin). Pumpkins may be used in both sweet and savory dishes – roasted, added to soups/stews/muffins, or roast the seeds for a crunchy snack or salad topper.

Healthy Pumpkin Smoothie:

1 frozen banana

1 cup pumpkin puree (not pumpkin pie filling)

½ cup Greek yogurt

½ cup milk

1 tsp pumpkin pie spice

½ tsp vanilla extract

Graham crackers for garnish (optional)

Place all ingredients in a blender except the graham crackers and process until smooth. Optional – garnish with crumbled graham cracker.

