



September

FEATURE: 2021 Edition



Here is how you can put 5-2-1-0 into action this month:

NATIONAL FRUITS & VEGGIES MONTH

September is National Fruits & Veggies Month™. Let us pledge to add just one more fruit and/or vegetable to our routine, everyday this month. Enjoy all the fruits and veggies that you know and love – fresh, frozen, canned, dried and 100% juice. They taste great and are proven to support your health and happiness! Take the pledge at



<https://fruitsandveggies.org/stories/take-the-pledge/>

Source: [Produce for Better Health Foundation](#)

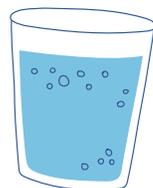
STRETCH FOR HEALTH

Stretching is important! It keeps the muscles flexible, strong, and healthy. Flexibility is necessary to maintain a range of motion in the joints. Muscles become shorter and tight if not stretched often. Then they become weak and unable to extend all the way. This puts you at risk for joint pain, strains, and muscle damage. Stretching protects your mobility and independence. You need to stretch every day to keep your muscles healthy.



Source: [Harvard Medical School](#)

WHY WATER?



Drinking water is a healthy habit. Water keeps you hydrated. It can improve brain function. According to the [CDC](#), fluoride in drinking water can also prevent cavities.

The 5-2-1-0 Feature is brought to you by:



1-877-U-CAN-NOW

SHARE YOUR 5-2-1-0 FUN ON SOCIAL MEDIA:
#HealthiestWeightFL

FIND MORE 5-2-1-0 RESOURCES: <https://bit.ly/HealthyOkaloosa5210>

UPGRADE YOUR SELF-CARE ROUTINE

Fall is a time of change. Take a minute to check-in with what's working in your life and what could be better. In honor of embracing change and a fresh start, here are four ways you can upgrade your self-care routine this fall:

Go crunch in the leaves. Get outside (even in the cold).

Rally your friends. Get your friends together to cook and host a Friendsgiving. Or, maybe organize a game night!

Re-set your sleep habits. Set a bedtime—and stick to it! Get outside and see the sunshine during the day. Keep electronics out of your bedroom.

Update your diet. Increased fruit and vegetables in your diet. Take advantage of seasonal favorites like roasted root veggies!



Source: [Crisis Text Line](#)

CITRUS SALAD

Ingredients

- 1 grapefruit (peeled)
- 1 orange (peeled)
- 1/4 teaspoon cumin
- 1 tablespoon water
- 1 tablespoon lime juice
- 10 cups fresh greens (lettuce)
- 1 red onion (small, sliced thin)
- 2 tablespoons cider vinegar
- 1 tablespoon vegetable oil
- 1/4 teaspoon black pepper

Directions

1. Cut fruit into bite size pieces.
2. Toss with lettuce and onion.
3. Mix remaining ingredients for dressing. Drizzle dressing over salad and toss just before serving.



Source: [USDA MyPlate](#)

RESOURCES MENTIONED IN THIS NEWSLETTER



[National Fruits & Veggies Month](https://fruitsandveggies.org/stories/take-the-pledge/): <https://fruitsandveggies.org/stories/take-the-pledge/>

[Stretch for Health](https://bit.ly/3y7ed36): <https://bit.ly/3y7ed36>

[Why Water?](https://bit.ly/3zHDCAV): <https://bit.ly/3zHDCAV>

[Upgrade Your Self-Care Routine](https://bit.ly/3i6sxTQ): <https://bit.ly/3i6sxTQ>

[Citrus Salad](https://bit.ly/2WrC9QV): <https://bit.ly/2WrC9QV>