

5 Fall Wellness *Tips*

Fall brings cooler temperatures, vibrant foliage, and a natural shift toward cozy routines and reflection. These changes can positively impact your physical and mental well-being, offering a chance to reset and embrace healthy habits. **To improve your physical and mental health this season, consider the following five fall wellness tips:**

1 Enjoy fall's harvest.

Autumn is rich with hearty, nutrient-dense produce. Seasonal favorites like apples, pumpkins, sweet potatoes, squash and brussels sprouts are not only delicious but packed with vitamins and fiber. Visit a local farmers market or orchard to stock up and try roasting or baking these fall staples for warm, comforting meals.

2 Get outside and soak in the scenery.

While the days grow shorter, fall offers crisp air and stunning landscapes. Spending time outdoors, such as enjoying a brisk walk through fallen leaves, can boost your mood and help you stay active. Aim for 30 minutes of outdoor movement a few times a week.

3 Trade hibernation for seasonal movement.

As temperatures drop, it's tempting to hibernate. Instead, find ways to stay active indoors or outdoors. Raking leaves, hiking or joining a fall fitness class can keep your body moving. If you're starting a new routine, consult your healthcare provider to ensure it's safe for you.

4 Make time for cozy, unplugged hobbies.

Fall invites slower, more reflective activities. Try journaling, knitting, baking or reading. These hobbies can help you unwind and foster creativity. Making time for joy and relaxation is essential for mental wellness.

5 Prepare for shorter days.

Less daylight can mean lower energy or a dip in mood for some people. A consistent sleep schedule, daylight exposure earlier in the day and being intentional with your hours can all help. Staying connected to others and practicing gratitude go a long way too.

Fall is a season of transition, making it a perfect time to check in with yourself and adopt habits that support your well-being. By embracing the rhythms of autumn, you can nurture both your body and mind in meaningful ways. Contact a trained healthcare provider for personalized health and wellness guidance this fall.