



# **DR. ROGERS CENTERS** **HEALTHY HALLOWEEN TIPS**

- Make sure to eat a healthy snack **BEFORE** trick-or-treating to reduce the temptations of snacking.
- Worried about being stuck with leftover candy? Throw it out, repurpose it, or donate it to a homeless shelter or in a military care package.
- Set an exercise goal when trick-or-treating! Compete to see how many houses or streets you will visit.
- Have a plan - get together with your family about making smart choices, the need for balance and moderation, and how to achieve an overall healthy eating pattern.
- Staying at home? Pass out non-edible items or get creative with a group activity such as pumpkin carving.

**FOR MORE INFO. CALL US AT 210-495-2117**