Dear Friends,

Happy Fall! The fall weather is finally here, it is the perfect time of the year for apple and pumpkin picking, or getting lost in a corn maze. Fall is the most beautiful time of year, with the leaves changing on the trees and exploring nature, which is a great opportunity to stay active. You can simply go for a hike or plan a nature walk with your family and friends.

The Live Light Live Right program is moving forward, and constantly adding new and exciting activities. This month we partnered with Knockout Obesity and the Brownsville Recreation Center to demo the "KO Program," which is a boxing and nutrition class. The kids really enjoyed this program and we are looking forward to continue to working with them. Our Kids Ride Club began in September with our partners Bike NY. The children in our program have enjoyed learning how to ride their bikes and being outside.

As with any new programs, there will be new expenses and all donations are always appreciated. To make a donation, to support a child for the Kids Ride Club or any of our other programs you can do so through our website. Thank you in advance for your support.

If you are interested in supporting our program or partnering with us, please contact us at (718) 240-8125.

Yours truly,

Dr. Sarita Dhuper
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Live Light Live Right's Feature Food: Pumpkin
The Surprising Facts About Pumpkin

It's finally pumpkin season, and the reasons to celebrate are many. Pumpkin plays a starring role in Thanksgiving, but you should consider making it a more regular part of your diet. The bright orange flesh of a pumpkin is loaded with fiber and key vitamins and minerals. It's also easy to use pumpkin in a variety of recipes from sweet to savory.

Guest Blogger: YOGASMOGA

YOGA APPAREL BRAND SHOWS REAL BEAUTY

The benefits of yoga range from healing aches and pains in the body, to fortifying the immune system. It comes with little surprise that people of all ages, backgrounds, shapes and sizes have been positively impacted by taking up a yoga practice. While many are mindful of the reasons that bring them to the studio, not much thought goes into the messaging behind the clothes these yogis sport in class.

As the yoga movement gains popularity in Western markets, many brands are jumping on the opportunity to appeal to this growing group.

Nutrition Corner

Nutrition Know How...Tips to get through the school year!

November is upon us, and the kids are well into the school year. While most of us plan on what we will wear to school each day, or do we have all of our homework? Are you still struggling with, What do I eat for lunch? It is time.....

Learn More
Bike NY, Kids Ride Club
**Crunch Fitness**, Fitness program from LLLR participants and their families, Brookdale Hospital Employees
**Crunch Fitness Flyer for Brookdale Employee** (please note this date has been extended)
**Knockout Obesity**, Boxing Program for LLLR participants at the Brownsville Recreation Center
**YOGASMOGA**, fitness clothing line made in the US and has a non-profit called NAMASKAR Foundation