



FOR YOUR HAPPINESS & HEALTH

Emailed new to cool people on the 1st of every January thru December
...then on repeat a few times during the month for good measure.

OCTOBER 2018

For individuals with disabilities and everyone in their sphere.
Human services rocks.



GET FREE STUFF!
This month's giveaways



Winners of September's Gift Box of Spices

Anthony Demers, Massachusetts

Stacie Woodard, New York

Jacki Jarmin, Oregon

Instant Pot

Yup, you heard right. The effort you put into your health and happiness deserves INSTANT high fives. And PRESENTS.

Click [here](#) to email us by 10/26/18 to get entered into the raffle for a brand new, cozy-up-to-fall, 6-quart Instant Pot—delivered right to your door. (Anyone reading this can participate; we're an equal opportunity prize giver.) In your email message, tell us your full name and the name of at least one high-fiber ingredient you will routinely include in your Instant Pot cooking from now on. Here are some high-fiber [hints](#). Winners will be notified by 10/31/18.



Watch the [video](#) to the left to get Instant Pot inspired.

Jeans—
that fall sweater
atop your new
denim...jaw
dropping!



Demonstrate your improving health over a 9-month period—as in, your [BMI](#) progress on a monthly basis to show steady movement toward, or holding steady at, a normal BMI (and don't try to fool us, because we're some smart cookies when it comes to this stuff)—and we'll help you buy your dream pair of cool-looking jeans.

(Anyone reading this can participate; we're an equal opportunity wardrobe enhancer.)

[Get in touch](#) to learn what you need to do to demonstrate your improving health and redefine the word "hip."

Click for the [official rules](#) regarding giveaways and awards, like free blue jeans.



CELEBRATE THIS MONTH!

Wrap your arms around October and the fall season, being [positive](#) at every turn because life is simply grand. Remember: We feel and do



better when we approach each day with the best possible attitude. While you're at it, HAVE SOME AUTUMN FUN and embrace the calendar this month.



Month Of...

Breast Cancer/World Blindness/Down Syndrome/ADHD/Disability
Employment/Dyslexia/Rett Syndrome Awareness, Apples, Chili, and Pretzels

Holidays/Celebrations/Observances...

Oktoberfest, Kale Day (3rd), World Smile Day (5th),
World Cerebral Palsy Day (6th), Columbus Day (8th), Fire Prevention Day (9th),
National Gumbo Day (12th), Sweetest Day (20th), and Halloween (31st)

More...



Oktoberfest

The official dates for Oktoberfest are 9/22 to 10/7, but we celebrate throughout the month of October. After all, nothing says "fall season" quite like Oktoberfest. Enjoy away, by [tantalizing all of your senses](#), including doing the chicken dance. And try our [Bavarian Chicken With Apples & Cider Sauce](#) recipe.



National Apple Month

Boy oh boy can we ever help you celebrate apples this month.

- [Healthier Taffy Apples](#)
- [Apple Recipes Galore](#)
- [Apple Salsa](#)
- [Apple Crisp](#)

National Chili Month

Seriously [knock-your-socks-off recipe](#).



You'll win the grand prize at the chili cook-off.



Halloween

We scare up tricks, treats, and more.

- [Fall Craft](#) (hint: it's a pumpkin!)
- [A Frightfully Good Halloween Party](#)
- [Halloween Treats You Make](#)
- [Boo! Never Too Old For Halloween](#)



EAT BETTER!



The key driver behind better health for most everyone is food. We always say...
Meals Not Medication.



Tip #1

Health care experts indicate that there are foods you can eat to lower your risk of breast cancer. The best news ever is that My25's guidelines for eating better are right in line. Click to get [Foods to Fight Breast Cancer.](#)



Tip #2

Just because autumn is upon us, doesn't mean you have to give up eating scrumptious salads. Click to get [Salads for the Fall Season.](#)



COOK!



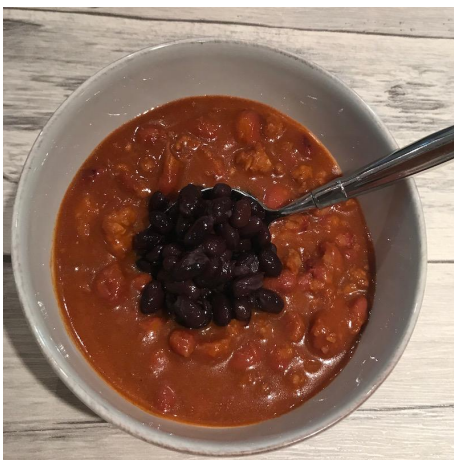
Fiberize

Fiberize; take favorite foods and very simply add healthy fiber. Yup. This month we're going to help you fiberize a tailgate winner...chili.

Foods high in fiber include vegetables, fruits, beans, nuts, and whole wheat breads and pastas. Fiber fills you up so you're less likely to snack on empty calories. Plus, fiber has cancer and heart disease prevention benefits. Does it get any better?

Fiberize Chili

Chili is already a nutritional hero because most recipes and canned options include beans. And beans are high in our favorite nutrient—fiber! But you can easily fiberize even more and add to the overall appeal of your favorite chili recipe made from scratch or served up out of a can. Here's how...



Add $\frac{1}{4}$ cup or more of additional beans to your piping hot chili right before eating. We like adding canned pinto, black and/or kidney beans (drained and rinsed).

Crumble up and add whole wheat crackers right before eating.



Add cooked whole wheat elbow macaroni to your piping hot chili.



Stir in thawed from-frozen corn (we're known for taking a scoop out of the bag, laying it on top of a paper towel, and microwaving for about 30 seconds to 1 minute to warm up) to your piping hot chili.



Stir in thawed from-frozen mixed veggies to your piping hot chili. Don't make that face—try it and you'll see why we made the suggestion! And same tip as we provided above for the corn regarding warming up the veggies.



We've Got Your Back

Whether you're craving [chicken apple hash](#), [cinnamon apples](#), [apple cider greens](#) or a [kale apple smoothie](#)—or simply want to push ahead when it comes to cooking and preparing healthier meals, we've got your back—big time ...

[Quick, cheap, tasty recipes perfect for the season](#)

[Our big ol' recipe box](#)

[Weekly menu plans with grocery lists](#)

[Our popular PhotoStep Recipes](#)

(step-by-step recipes with photos and text, ranging from the very basic to more complex)



BE SAFE & SMART

We really don't like when people talk about doing this and that in the kitchen and we have no idea what all the fancy chit chat is about. So we're gonna keep learning. And we'll share; let's get smart together.



How To Read A Nutrition Facts Label

Reading the nutrition facts label on food packages is important. Remember: We suggest eating at least 25 grams of fiber a day, as often as you can. If you know how to read a nutrition facts label, you'll know how much fiber is in the foods you're eating. And that's hip, hip hooray knowledge. [See what we learned.](#)



SOCIALIZE



Many of life's most memorable moments happen around the table (or tailgate!) with good food at mealtime. And this happens because we eat and enjoy the moment with others. So grab your housemates, friends, neighbors, & relatives and tailgate to your heart's content this month.

Tailgating is a gathering (sometimes in a parking lot or in a park), usually associated with a sporting event such as football, where people come together to eat casual foods (often grilled) and to socialize. So go for the [healthier tailgate](#) and score a touchdown at [your next tailgate](#).



Or, get inspired in the [video](#) (left), eating with moderation in mind.



Get fanwear at [Fanatics](#).



PROSPER



Check out how to overcome the major roadblock regarding elevating social determinants of health (such as employment and volunteering) for people with disabilities; click [here](#).

Employment for people with disabilities is at the top of our agenda. Yours, too? Check out [Vocational Services Inc.](#)

And as you're getting ready to take on the world, get all pumped about beautiful you and all the possibilities at your doorstep by watching this [video](#) to the left. Brian King Joseph on *America's Got Talent* rocks the electric violin despite his peripheral neuropathy. Toes tapping here.

Volunteering...it's healthy to pitch in. You raise your own bar when you help others in need. Pinky swear. The local blood drive is calling your name. You can give blood, but you can also be helpful without being a donor. What can you do to help if you can't donate blood for one reason or



another? Plenty!

Blood drives need people to serve up water and juice, visit with donors to make sure they're feeling a-ok, clean up, and more. Blood drives collect blood for use in hospitals in emergency situations where patients need blood for their health and sometimes to save a life. So your help is VALUABLE. You can find a blood drive in your area by clicking [here](#).

[Let us know](#) about your **individual experiences** volunteering and/or working. We want to hear. We want to share. By the way, we're known for sending thanks-for-sharing gifts. [Email us](#), people. **Organizations...**[share](#) your vocational services supports and we'll post the specifics in bold technicolor.



SING HAPPY BIRTHDAY



Cake, cake, cake for everyone, especially these cool human beings celebrating their October birthdays...Sara Law (Iowa), 10/13;
Mary Jane Timmons (Ohio), 10/15; Gregory Lintinger (South Carolina), 10/26;
and Susan Seehase (Iowa), 10/27. Par-tay!

Everyone: [Email us](#) your name, birthday (month and day), and the state you live in. We'll post it all right here, so everyone from coast to coast can shower you with good wishes all month long. You soooooo deserve it.



FLEX



That's right...flex your healthy muscle and build this bandwagon. [Share](#) the sign up page for *My25 Flex* (this super-duper Newsletter, delivered each month). It's easier to get healthy when your friends and family are on the same page as far as eating better and embracing happiness. By the way, we think you're a super hero for spreading good health!



WE KNOW HEALTH & HAPPINESS



Did you know that eating the right foods in the right amounts is the number one reason behind good health for most anyone? We believe in moderation—not deprivation—and The Dietary Guidelines for Americans. Pizza and French fries are fair game every once in awhile; which is why *My25* isn't a diet, but a forever habit. [Click](#) to get *My25*'s everyday basics for eating better. (Pssst...we also fill you in on how we came up with our name: "*My25*.")

Now bragging...we have a track record of success helping individuals with disabilities improve their eating habits and overall health within 6 to 18 months—and then stick with it. Hand to heart. We even help associated family members, caregivers, case managers, Qs, DSPs, and allied professionals improve their own health along the way; holy smokes, health insurance premiums down for this bunch.

The *My25* team is made up of experienced and respected nutrition, preventive health, culinary, human services industry, and technology professionals...we're all self-proclaimed Fiber Nerds—who love what we do and helping YOU get healthier and happier.

hello@my25.com [Privacy Policy](#) [Terms & Conditions](#) www.my25.com www.my25flex.com www.my25bullseye.com
Providers, MCOs, ACOs, State DHS, and State Provider Association Groups: We'd like to talk. [Get in touch.](#)

Information that we provide—including any suggestions, tips and content (ours or that of third parties) shared through *My25*—should **never** take the place of advice provided by a health care professional and/or caregiver. Always check with your health care professional and caregiver before trying new activities, routines, recipes, foods, or eating habits.

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Get our [official rules](#) regarding contests, giveaways, prizes and awards.

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Fiber Nerds Hard At Work

1603 Orrington Avenue, 5th Floor, Evanston IL 60201

Snail Mail Address

1001 Green Bay Road #195 Winnetka IL 60093

