



## Fall into Fall

Nights around the fire pit, cooler weather, and beautiful foliage are near with the start of fall, meaning there are many healthy and fun activities to celebrate the new season!

To embrace fall in all its glory, get outside and get moving with these healthy fall activities:

- **Enjoy the outdoors.** It's finally the perfect weather! The warm days of summer have been mixed with the cooler humidity-free days of winter. Find time to go outside for walks, have a healthy meal outside at a restaurant, or find a quiet bench in a park to read.
- **Head to the farm!** Fall brings the opportunity to enjoy a hayride to the orchards to pick apples or heading to the pumpkin patch to find the perfect pumpkin for Halloween.
- **Rake leaves.** Raking leaves not only improves the appearance of your yard, but it is also a great way to implement healthy motion!
- **Warm up around a fire pit.** Fall days can be filled with sun; however, it can get a bit chilly at night, making a fire pit the perfect place to gather with friends while also enjoying the season.

These activities can be practiced by yourself, with friends, or with family. Set aside time to try these activities and get into the spirit.

Please reach out to me, your independent **OPTAVIA** Coach, for other tips on how you can make your fall season full of fun!



Check out Dr. A's Element Stories [here](#)

(<https://optaviashare.com/1f53a7f3b8ef4d716d039873354c6b33d/12971115/?url=https%3A%2F%2Fcoachanswers.optavia.com%2Fhelp%2Fvideo-series-your-lifebook-the-elements>)!

## Build Healthy Habits with Your Family

Having a stable support system is a cornerstone of the Habits of Health. Your family, friends, and loved ones are crucial to your journey because they typically have a significant influence in your life and your time.

While on your health journey, why not bring the family along? Check out the following tips on how to build healthy habits with your family:

- **Integrate family time.** Schedule time to give your loved ones your complete focus, whether that's a weekly date night or a neighborhood walk together a few days a week.

- **Cook together.** Spend time cooking healthier meals with your loved ones in the kitchen. Check out the Lean & Green recipe below; it is a delicious and easy recipe for those chilly fall days ahead. You can also download the **OPTAVIA** App, which features more than 180 plan-approved Lean & Green recipes.
- **Minimize screen time.** Whether it's an hour at dinner or a weekend camping trip, find opportunities to leave cell phones off or in the other room so you can be present in the moment.
- **Share active hobbies.** Go on walks, shoot hoops, or hit the bowling alley, not only to get your family moving, but to also strengthen these important relationships.



Implementing healthy habits is an effort that takes time and attention; however, with a little bit of motivation and support, you can create a new and healthy lifestyle for the whole family.

Connect with me, your independent **OPTAVIA** Coach, for additional suggestions on how to bring your family with you on your journey to optimal health and wellbeing.



## Pork Mole

SERVES 4

PER SERVING: 1 LEANER, 1 HEALTHY FAT, 3 GREEN, 2 CONDIMENTS

TOTAL TIME: 45 MINUTES

### Ingredients

- 1½ lbs. tomatillos, husks removed
- 2 root beer leaves (Hoja Santa) or 1 tsp fennel seeds
- 1 tbsp toasted pumpkin seeds
- 1 tbsp toasted sesame seeds
- 1 clove garlic
- 2 cups chopped watercress
- 1 tsp salt, divided
- ½ cup water
- 1¼ lbs. pork tenderloin
- 4 tsp olive oil
- 2 cups shredded iceberg lettuce

### Directions

1. Roast the tomatillos and garlic in an oven at 450°F until they begin to brown, about 15 minutes.
2. Combine the roasted tomatillos and garlic with the hoja santa (or fennel seeds), pumpkin seeds, sesame seeds, watercress, and a ½ teaspoon of salt in a blender; puree until smooth.
3. Pour tomatillo sauce into a saucepan with a ½ cup of water and bring to a boil; simmer gently for 10 minutes and then set aside.
4. To season the pork tenderloin, rub with olive oil and add ½ teaspoon of salt, and roast in a very hot oven at 450°F for 15 minutes to an internal temperature of 145°F. Allow tenderloin to rest for about 10 minutes, and then slice into 16, (¼ to ½-inch) thick slices.
5. Reheat the tomatillo sauce on the stovetop as needed and stir in the iceberg lettuce; remove from heat.
6. Divide tomatillo sauce into 4 equal portions (about 1½ cups per serving). Top each portion with 4 slices of pork tenderloin.

**Nutrition Per Serving:** 350 calories, 45g protein, 12g carbohydrate, 13g fat

Download the **OPTAVIA** App today for additional Lean & Green recipes!



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## Journey to Success: Christine

### Regaining Herself

A few years ago, Christine found herself at her heaviest weight with little hope of regaining the person she used to be.

As time went on, Christine decided she would commit to pulling herself up, so she picked up the phone and reached out to a friend who had recently experienced success with **OPTAVIA**.

"We had the most magical conversation about the program. My friend, who later became my independent **OPTAVIA** Coach, was holding the anchor end of my lifeline, and I grabbed it with everything I had."

After their incredible conversation, Christine got on plan and learned how to consume food to fuel and sustain her body, instead of living to eat.

Shortly after Christine's personal journey started, she decided she wanted to help others find optimal health and wellbeing, and she became an independent **OPTAVIA** Coach.

Over the past two years, Christine has reached her goal weight, coached others, and traveled with her family. She is now able to spend more quality time with her grandchildren.

"We went on a cruise in France, visited Walt Disney World, and I was never tired!"

*Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds. Clients are in weight loss, on average, for 12 weeks.*



Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds (5.4 kg). Clients are in weight loss, on average, for 12 weeks.

#### Bill Ellis

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