



# WELLNESS WEDNESDAY *Tips*

## Healthy Halloween Edition

Here are a few tricks to help you treat yourself and still **#ChooseWellness** this Halloween:

1. **Try a new shopping strategy.** Avoid buying your Halloween sweets too early. The less time candy sits in your house, the less you are tempted by it.
2. **Rethink the candy bowl.** If it's too hard to resist the family Halloween candy bowl, fill it with your least favorite kind of candy. Or skip the candy entirely and hand out other treats like glow sticks, temporary tattoos, sidewalk chalk or spooky stickers.
3. **Downsize loot bags.** Help your family enjoy sweets in moderation by outfitting them with smaller trick-or-treat bags.
4. **Fuel up first.** Fill up your family with a healthy dinner before you go trick-or-treating, and they'll be less likely to overindulge that night.
5. **Think Outside the Candy Bowl.** Candy corn, gummy worms and chocolate may be the most obvious sources of sugar, but they're not the only ones. Be mindful when consuming other fall treats, too; such as baked goods and holiday drinks – as these are also often packed with dangerous amounts of sugar and calories.



**CHOOSE  
WELLNESS**

**WELLNESS WEDNESDAY** *Tips* are issued weekly to help the Government of Bermuda employees make healthy lifestyle choices.