

W.O.W.

WAC ON WELLNESS

FOCUS ON INCREASING YOUR AWARENESS

As the weather begins to cool, the leaves begin to change and the thought of the holiday season lingers in the back of our minds, we find ourselves in the best days of fall. October is often considered a highlight for fall. Pumpkins, scarecrows, and Halloween costumes flood our minds. Scents such as 'apple cinnamon' and 'maple' can be found in abundance. We are fortunate to live in a state where the trees become engulfed in oranges, reds, and yellows with each passing year. Do we still notice the beauty in the leaves around us? Or are they simply crunched under our feet as we hurry from place to place? As the season shifts around you, slowly begin to shift your mindset from a fast pace to a slower pace where you can take even the shortest moment to notice all the beauty around you.



BY ASHLEY BECHARD

WAC West Allis Wellness Coach & Personal Trainer
 abechard@thewac.com

Helpful Hints:

- Take time to stop and look at the trees. Notice a color you hadn't noticed before.
- Pick up a leaf to use as the bookmark in your favorite book.
- Go for a walk through a local park; breathe in the crispness of the fall air.
- Support a local farmer and stop by the farmer's market to pick up your favorite fall produce.
- Get lost in a corn maze.
- Compete with loved ones in a pumpkin carving contest.

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