

## Health & Nutrition Benefits of Eating Pumpkin

- Pumpkin is very rich in carotenoids, which is known for keeping the immune system of an individual strong and healthy.
- Beta-carotene, found in pumpkin, is a powerful antioxidant as well as an anti-inflammatory agent. It helps prevent build up of cholesterol on the arterial walls, thus reducing chances of strokes.
- Being rich in alpha-carotene, pumpkin is believed to slow the process of aging and also prevent cataract formation.
- Pumpkins have been known to reduce the risk of macular degeneration, a serious eye problem than usually results in blindness.
- The high amount of fiber, present in a pumpkin, is good for the bowel health of an individual.
- Being loaded with potassium, pumpkin is associated with lowering the risk of hypertension.
- The presence of zinc in pumpkins boosts the immune system and also improves the bone density.



# Sports and Fitness October 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Family Health Month</b>			1 Healthy Snacking	2 Team Dodge Ball	3 CLOSED
4 CLOSED	5 Volleyball Spike Contest	6 Invent-A-Game	7 Dance Off	8 Would You Eat It?	9 3 on 3 Basketball	10 CLOSED
11 CLOSED	12 CLOSED Columbus Day	13 Calorie Challenge	14 Jump Rope Marathon	15 Create-A-Five-Food-Group Salad	16 Around The Bases Relay	17 UNR Volley Ball Trip
18 CLOSED	19 Gym Hockey	20 Think Your Drink	21 Movement Groove	22 Veggie Pizza's	23 Scooter Races	24 CLOSED
25 CLOSED	26 Mini Golf Course	27 Pasta Challenge	28 Race Against	29 Pumpkin Nutrition	30 Hot Shot Contest	31 <b>Happy Halloween</b>

