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October 2022 | Volume 3, Issue 10

Let's Move 2022!

FREE FAMILY ACTIVITIES

JOG/WALK

LIVE POLICE AND FIRE DEMOS

BIKE RIDE

SCAN FOR MORE INFO

FONTANA'S LET'S MOVE ON THE TRAIL

Free Health & Safety Expo
Pacific Electric Trail
(Miller Park Amphitheater)
October 8, 2022
9am - 12pm

HEALTHY FONTANA **FONTANA CALIFORNIA**

HealthyFontana.org | (909) 350-6542

Join Healthy Fontana in celebrating the **10th Annual Let's Move on the Trail Health and Safety Expo this Saturday, October 8th!** Healthy Fontana has partnered with the Fontana Police Department and San Bernardino Fire Station #71 for the 10th year in a row to bring the community this **FREE** health and safety expo that aims to educate and empower the community to make the City of Fontana the ideal place to live, learn, work, and play. The event provides information and resources that allow residents to evaluate health beyond nutrition and physical activity, including but not limited to, public safety, built environment, community design and recreational activities that are positive and have a long-lasting impact on overall health.

Move Through Fontana Your Way

Let's Move on the Trail aims to highlight the importance of daily physical activity and how the Pacific Electric Trail (PET) can be utilized to incorporate physical activity into your day. This year we encourage you to get active in your own way! Walk, run, bike, or roll along the PET with like-minded individuals as you strive for a healthier lifestyle together. Being physically active for at least one hour a day has many benefits, including weight management, strengthening bones and muscles, increases your chances of living longer, reduces your chance for certain health risks such as cardiovascular disease and diabetes, and helps manage chronic health conditions and disabilities. Meet at the Miller Amphitheater at 8:30am to check-in and get your FREE event shirt and bicycle helmet, while supplies last.

Step into the Shoes of Our First Responders

The Fontana Police Department will be opening its doors for this special event. Get the chance to tour the department and view the different vehicles and equipment that officers use daily. End the tour and check out the newest helicopter addition to the tour. Also, check out the K9 and SWAT live demonstrations before you leave.

Take the opportunity to tour S.B. County Fire Station #71 as well and step into the boots of a firefighter as you try on 75-pounds of necessary equipment needed to battle fires. Check out the Hazardous Materials Response Unit and watch an auto extrication.

Free Resources, Giveaways, and Fun Activities

Visit over 70+ booths hosted by a variety of organizations as they provide free resources and giveaways for event attendees. Challenge yourself by taking on the rock wall, make long lasting memories at the photo booth, and have fun and friendly competition at the inflatable axe throw.

The Healthy Fontana team is here to support you and provide resources on how to be a healthier version of yourself. For more information about Healthy Fontana or the programs available to you, visit the **Healthy Fontana website** or call (909) 350-6542.

This year's event Corporate Sponsor: Kaiser Permanente



KAISER PERMANENTE®

Featured Fall Recipe: Pumpkin Muffins

Makes: 12 muffins

Ingredients:

- 2 cups old fashioned oats
- 1/2 cup honey
- 1 1/2 cup pumpkin puree
- 2 eggs
- 1 egg white
- 1/4 cup milk
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground ginger



- 1/2 teaspoon cloves
- 1/3 cup chocolate chips

To Make:

1. Preheat oven to 350 degrees.
2. Grease or line a muffin tin.
3. Pulse oats in a blender until you get a flour like consistency. Remove from blender and set aside in a bowl.
4. Add honey, pumpkin puree, eggs, egg white, and milk to blender. Pulse until smooth. Gradually add in oat flour, baking soda, and spices.
5. After batter is completely blended, stir in chocolate chips.
6. Pour batter mix into muffin tins.
7. Bake muffins at 350 degrees for 20-25 minutes.



Swap out the candy and try these cute & nutritious healthy Halloween recipes!

Baby Cheese Monsters

- Use scissors to cut different shapes as the monster's mouth. Peel the cheese open, if necessary.
- Use googly eyes to complete the monster's face!
- Enjoy!



Green Apple Monsters

- Slice some green apples.
- Put a spoonful, or two, of peanut butter in small bag.
- Cut a hole in the bag.
- Squeeze the peanut butter onto one apple slice.
- Top the slice with another apple slice and push slightly to stick together.
- Place sunflower seed "teeth" and a slice of cheese for the mouth.
- Top with a googly eye, or two.
- Enjoy!



Upcoming Events**

**** Times/Locations Subject to Change ****
Events may also be cancelled due to inclement weather

Visit Healthy Fontana booth at one (or all) of these upcoming events for FREE resources and giveaways!

- **Sundays, October 2, 9, 16, 23, 30 | Fontana Farmers' Market |** Fontana Park Aquatic Center Parking Lot, 10am-3pm
- **Thursdays, October 6, 13, 20, 27 | Fontana Farmers' Market|** Southridge Park/Don Day Parking Lot, 2pm-7pm
- **Saturday, October 8 | Let's Move on the Trail FREE Health & Safety Expo|** Miller Amphitheater, 9am-12pm
- **Friday, October 14 | Spring Street Night Market |** Spring Street, 6pm-10pm
- **Saturday, October 29 | Halloween Trick or Treat Alley |** Cypress & Don Day Centers, 2pm-5pm



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