

Here's a juicy take on carving pumpkins for Halloween:

pick up a watermelon instead. BONUS: Although they are related to pumpkins, watermelons are much faster to carve because the pulp is softer and easier to scoop out. **EXTRA BONUS:** Packed with antioxidants, watermelon makes a healthy snack.



➤ **Power up your brushing routine with Oral-B's new Vitality power toothbrushes. Vibrating or oscillating brushes are fun to use and REMOVE MORE PLAQUE THAN REGULAR ONES – for less than \$25 each.**

Get Your Vitamin D

Grey November days mean you may not be getting enough vitamin D because sunlight promotes production of this vitamin in the skin. Vitamin D is important for bone health, and there is **GROWING EVIDENCE THAT IT MAY HAVE A BENEFICIAL EFFECT ON SOME TYPES OF CANCER.** The only other ways to get it are through a vitamin supplement or your diet (include fortified milk and other dairy products, eggs, liver and fatty fish such as salmon). Adults up to age 50 need 200 international units (IU) a day of vitamin D (a glass of fortified milk, for instance, contains about 100 IU).

WHO NEEDS DUMBBELLS?

Lose the heavy dumbbells and projectile-resistance tubes – strength training at home just got easier with the Lebert Equalizer Total Body Strengthener. Designed by Marc Lebert, a personal trainer from Mississauga, Ont., the bars let you **use your own body weight to train every muscle in your body.** The bars come with instructions and photos showing how to target each muscle group. Each bar weighs only eight pounds and stores easily behind a couch or under the bed. For more info, visit www.lebertequalizer.com.

– Colleen Tully

