

Lions and tigers and bears (and sugar)...oh my! Halloween is known to bring out the sweet-toothed animal in us all. Try these tips from the American Heart Association for a healthier Hallows Eve this year.

- Have a healthy meal before going trick-or-treating to reduce temptation to snack while walking
- Make trick-or-treating a workout. Set a goal of how many houses to visit or wear pedometers and have healthy prizes for the person who has the most steps
- Think about a healthier version of treats to give out: Mini boxes of raisins, 100 percent juice juice-boxes, snack-sized pretzels, pre-packaged trail mixes, pre-packaged dried fruits, crayons, stickers, silly bands, tooth brushes, bubbles, plastic spiders, or coupons to local frozen yogurt stores
- Find the right-sized collection bag. Steer clear of the pillowcase method.

Follow these suggestions to have a healthy post-Halloween:

- Avoid the urge to buy on-sale candy in the grocery stores after Halloween. The decision not to buy something once is a lot easier than saying no every time walking by the candy jar
- Pick out enough candy for one piece a day for five days and put those in the fridge. When children ask for a piece of candy, make sure to pair it with a healthy snack like an apple, a banana, or some healthy nuts
- “Buy back” the candy from children with money or tokens they can trade in for a fun activity like a day at the zoo or an ice skating adventure