

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

On Top of It

How do you stay On Top of It? Get organized of course. Being organized will allow you to save time, decrease stress, make better food choices, meet protein goals, consume adequate fluid, find time for regular exercise and meet your weight loss goals. Here are some ideas to get organized and stay on top of it.

Schedule time for the most important things in your life first to insure that this is where your time is going.

Find time by turning off the TV (and/or Internet). Try it for a week and see how much more time you have.

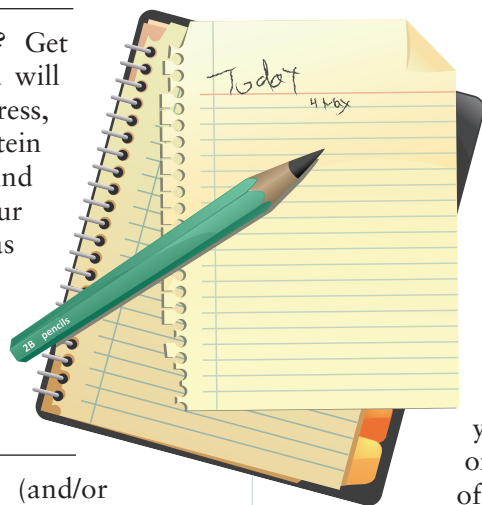
Go to bed at the same time each night and get adequate sleep. We all need 7-9 hours a night. Don't skimp—you'll slow your weight loss and lower your energy level during the day.

Take an hour and plan your meals for the month. Make a spreadsheet or write them on a calendar. Don't over plan, but have a plan. You may write "fast food" on every Tuesday evening because with your family's schedule that is as healthy as you can eat that night.

Use the slow cooker. Put all the ingredients in the slow cooker the night before and refrigerate. Then just plug it in as you head out the door.

Pack your lunch and snacks the night before. Just grab and go.

Make a grocery list using your meal plan and stock up every week. It is much easier to make healthful food choices when a variety of appealing choices are readily available.



Schedule your exercise. Find a time and place that works for you and stick with it. Consistent exercise is a big predictor of a healthy weight—make time for it.

Pack your exercise bag or layout your exercise clothing the night before.

Keep a pair of walking shoes and your personal music player in your car. When you drop your child at their activity, slip on your walking shoes and make the most of the time.

Keep a food/activity log. You can easily see if you are meeting your goals. If you're not, make adjustments.

Keep it simple. Being organized doesn't mean doing more. It may mean saying "no" to an unfulfilling activity and replacing it with one that will help you reach your health goals.

Don't over organize. Make sure that you leave time for spontaneous activities — a walk in the park on a beautiful day—taking a co-worker out to lunch when they need a pick me up—a great sale on shrimp.

I hope these tips inspired you to get organized, get the best out of life, get things done, achieve goals, not waste time, find time to do the things that you love with the people you love, and to look and feel vibrant.

Organize your life around your dreams—and watch them come true.