

HEALTHFUL TIPS

Back in the Swing of Things

As Summer winds down, use these helpful tips to jumpstart your healthy routines into Fall.

Summer is coming to a close and vacations are winding down. It's that time of year when we find ourselves settling back into routines with school, jobs, and meetings. Have you gotten out of your healthy eating and exercise routine this summer and need to get back in the swing of things?

Eat breakfast. No matter our age, breakfast is still the most important meal of the day! Make sure your kids get breakfast before they head off to school and you should too. For those days that you run out of time, try a low sugar protein bar, such as, One Bars (210-230 calories, 20 grams of protein, 1 gram of sugar), Quest bars (180-200 calories, 21 grams of protein, 1 gram of sugar), or Lower Sugar Detour Bars (170 calories, 15 grams of protein, 1-3 grams of sugar- none added).



**PLANS ARE NOTHING;
PLANNING IS EVERYTHING.**

Dwight Eisenhower

Stay Hydrated. Though days are getting shorter the temperature is often still high, so continue to drink a little extra each day. Drink a glass of water while getting ready in the morning, take a bottle in the car for your commute, and be sure to drink at least 32 ounces throughout your work day. Don't over-caffeinate yourself as you adjust to an early morning schedule. Too much caffeine will leave you feeling even more fatigued in the long run.

Stay Active. It may be time to shift your activities indoors now that you're not enjoying the warm weather at the pool or park. Sign up for an exercise class, walk on your lunch break, or find some free exercise videos on YouTube that you can do at home. If going back to the gym make sure to pack your gym bag in the morning along with a healthy pre or post workout snack.

Meal Plan. As the activities that take a break in the summer start back up,



being prepared for dinner can be challenging—not just cooking, but thinking about what to make! Try having each family member pick a meal for the week and then buy the groceries ahead of time. With a family of four, that takes care of over half of the week. Assign tasks to each family member, such as, setting the table, peeling vegetables, or making salad. Use the crock-pot or slow cooker for a couple of meals each week so you can set it and forget it!

Stay Positive. Realizing all you have to do can be overwhelming. Take deep breaths, stay calm, and focus on all the fun things you have to look forward to this fall season. The holidays will be here before you know it so enjoy this time and try to soak up the last of the summer sun when you can.