

New Season, New Routine

Same Healthy Habits



As we move into the fall season, schedules begin to change. Kids are off to school and starting new activities. Some are even off to college, giving parents more free time. Football season and tailgating picks up, your favorite shows come back on TV, and everyone must adjust to increased commute times. All of these shifts may require a new routine and adjusting to changes while balancing healthy habits can be difficult. Try the following tips can help you stay on track:

- **Identify and plan for busy days** – For nights with limited time for dinner, plan quick 20-minute meals or load up the slow-cooker in the morning. When on the go, prepare healthy snacks to limit stops at the drive-thru and the temptation for unhealthy options. Keeping healthy refrigerated and dry snack options is beneficial as it provides greater flexibility. Try cutting vegetables and dividing dry goods into single portions ahead of time. When schedules are too busy for prep, spend a little extra for pre-packaged healthy snacks in single serving size.
- **Move anytime, anywhere** – Whether it be football or soccer games, dance practice or swim meets – challenge yourself to being as active as possible at events. Stand up for part or all of the event, and take a walk during any breaks. This goes for events at home too. For jam-packed football-watching weekends or your favorite weeknight shows, stand up and walk around during commercial breaks. Even adding in a little light stretching can help increase blood flow throughout your body and prevent feeling sluggish.
- **Dedicate time for physical activity** – If you're struggling to find time for physical activity, put it on the calendar. Identifying time for exercise and scheduling it like other activities may help with a consistent routine. For additional accountability, ask a friend to be your workout buddy. Even if you can't be together for every workout, ask them to check in with you each scheduled day.
- **Manage stress** – It's OK if the new schedule becomes stressful at times. Identify your favorite relaxing activities and find time to unwind. Try meditating for 5-10 minutes after you wake or before you go to sleep. Or go for a walk at lunch for a little movement and to breathe the crisp autumn air.

Need additional tools to stay or get back on track this fall? Check out the Sharecare portal or app for personalized health tips and join September's *Fall into Healthy Eating Challenge!*