

HEALTHFUL TIPS

Refresh your Routine

USE THE FALL SEASON TO RE-CONFIGURE OLD HABITS!

Fall is a great time to rethink and refresh your healthy habits. The sweltering heat of the summer is past, the structure of the school year is upon us and the holiday craziness is still off in the distance. Here are some ideas to get your fall started on the right track.

Cool, crisp temperatures are perfect for walking and cycling. Both are perfect ways to enjoy the color change and check out local park trails.

It's not too late to get out on the water in a paddleboat, kayak or canoe.

New classes start in the fall. Sign up for line dancing, yoga, Pilates, boot camp, karate or kick boxing.

Be active by reorganizing. It's a great time to clean out the garage, attic, closets, and drawers.

Don't forget about the yard work. That qualifies as activity, too.

New TV shows are starting and you don't want to miss them—just park a stationary bike, treadmill

or elliptical right in front of the big screen and multitask.

It is hard to exercise while you are transporting kids from activity to activity. If you wear your comfy clothes and walking shoes, you'll find opportunities to take a walk here and there while they are doing their thing.

Practice activities that promote not only a healthy body, but also mind and spirit. Take an art class, meditate, treat yourself to a massage, learn a new skill, call a friend, read an inspiring book, go to a comedy club.

Clean out the not-so-healthy foods that have somehow made their way into your refrigerator and cupboards. Replace them with healthier options.

Take time to sit down and plan out a month's worth of meals and snacks. You'll know what to put on your grocery list and make your life a whole lot easier.

Take advantage of local offerings at the farmers' markets and stock up on the best of fresh fall foods.



When the clocks shift at the end of Daylight Saving Time, keep your body on the same schedule. Go to bed an hour earlier and get up an hour earlier. You'll be able to get in a good workout before your day begins.

Try a new healthy recipe each week. Get your family members involved and let them help out. You're sure to find some new family favorites.

Clip on that pedometer that has been sitting in the drawer. Track your steps for one week and then add 1,000 daily steps to your goal each week until you hit 10,000 steps a day.