

A Focus on 3 Healthy Habits

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As Autumn approaches, the temperatures change and our schedules change, with that, our habits tend to change too. Learn 3 simple healthy habits to help you stay focused on your Emotional and Physical Health as we head into this festive season!

Healthy Habit #1- Walking into Fall

Walking is an easy way to improve or maintain your health. The cooler autumn weather is the perfect time to get moving! Any amount of increased walking will make you feel better and be more physically and emotionally fit! Just 30 minutes a day can increase your cardiovascular fitness, strengthen your bones, help you lose weight, elevate your mood and reduce your stress levels.

Tips to fit more walking into your routine:

- Grab a pet, neighbor or co-worker for a 10-20 min walking break during the day or go for a family walk before dinner.
- Increase your daily steps by walking down the hall or up the stairs to talk to someone in the office or in your home rather than texting or calling and always park farther away at your destination.
- Start a walking challenge at home or work. Cheer on your friends and family and the encouragement will become contagious and fun!
- Change your mindset: embrace the fact that you will feel better and be healthier the more you get your body moving.

Healthy Habit #2- Drink Your Water

As we move into the Fall season and cooler temperatures, sometimes we don't feel as thirsty. Thirst is normally the brain's way of warning that you're already at least mildly dehydrated. Good hydration is essential for health and wellness even in the cooler weather.

Tips to make drinking water a daily habit:

- Invest in a 32-ounce water bottle with a straw to make it easier to sip throughout the day. Aim to build up to drink 2 of these each day!

- Fill this water bottle at night so it is ready to grab and go in the morning!
- "Habit stack" by drinking water along with other things you already routinely do in your day. For example, commit to drinking eight ounces during your commute to work.
- Infuse your basic water with fruits and veggies (lemon, lime, strawberries, cucumbers) or herbs such as mint.
- Make it a game or challenge with friends. Everything is more fun when you have a support system working towards a common goal!

Healthy Habit #3- Make Time for Family & Laughter

"Family" means something different to everyone, we should consider who we care about as family. Spending time with those we care about is vital to our emotional health. Time with people you enjoy will boost your happiness and sense of purpose, discourage unhealthy lifestyle habits and help you cope with the curves that life throws at us each day!

Ways to carve out time for family:

- **Find time away from screens:** Make sure your family time includes interests and activities. To keep things interesting, let everyone take turns planning.
- **Plan specific times to be together:** Consistency makes it easier to get everyone involved, and simply makes family night more likely to happen regularly!
- **Have a backup plan:** Make sure you have an alternative activity in mind so you can remain connected when plans go awry.
- **Keep it inexpensive:** The time you spend together is the important thing. Get creative, use your imagination, everynight doesn't need to involve expensive activities, gifts or meals.



Elizabeth Savisky, MS

"Challenge yourself to make your healthy habits a lifestyle, and then...pass it on! Your joy and passion are contagious!"

