

Back to School = Back to Stress
-Helpful Tips For Healthy Eating-

BREAKing yourFAST...

You wouldn't send your kids to school without breakfast. What makes it okay for you not to eat?

Breakfast = Most Important Meal of the Day

A Good Investment -If you and your kids regularly skip breakfast in the interest of saving time or getting a few more minutes of sleep, remember that eating a wholesome, nutritious morning meal will probably save you time in the long run. By recharging your brain and your body, you'll be more efficient in just about everything you do. Interestingly, studies show that kids who skip breakfast are tardy and absent from school more often than children who eat breakfast on a regular basis.

Preparing a good breakfast can be as quick and easy as splashing some milk over cereal. Time invested in breakfast is much more valuable than the few extra minutes of sleep you might get by bypassing the morning meal.

Break the Fast to Shed the Pounds -Breakfast skippers tend to eat more food than usual at the next meal or nibble on high-calorie snacks to stave off hunger. Several studies suggest that people tend to accumulate more body fat when they eat fewer, larger meals than when they eat the same number of calories in smaller, more frequent meals.

IT STARTS HERE...

Feed your children right and lead by example with your choices too! Pack a healthy lunch for yourself at the same time as your kids!

Work an exercise routine into your daily schedule.

They are learning their lifelong eating habits **RIGHT NOW**.

Healthy Lunch Ideas

-Peanut butter & sliced banana on whole grain bread. "Sticks to your bones."

-Send pretzels instead of chips.

-Send water instead of soda.

-Bananas, apples, oranges, plums, peaches, and nectarines all travel well.

-Small bag of trail mix; fiber keeps you full!

For more information on healthy back to school and other healthful tips, visit WebMD.com. Also, be sure to visit the Hunterdon Health & Wellness Center in Whitehouse Station or Clinton for professional assistance in creating a healthier lifestyle! Mention this article and receive two free guest passes to the facility to try us out! We offer a full fitness center, group exercise classes, and aquatics programming. Your path towards optimal wellness begins today!