



School Is Back in Session!

No more lax schedules, leisurely breakfasts and sleeping until noon. It's time to get everyone, including parents, back into a healthy routine. That may mean planning and sticking to a schedule. Here are some tips to ease your family back into the school groove:

- Breakfast is the most important meal of the day. It kick-starts your body and gives that boost you need to have a successful day. Take time to prepare something quick and healthy for a breakfast on the go. Make some high-protein muffins or low-sugar cereal bars and prepackage in ziplock bags for a quick, healthy meal.
- School lunches can become boring and unhealthy when we don't put any thought into them. Try mixing it up and getting away from the old sandwich and chips routine. Try a healthy soup in a thermos or a nutritious, high-protein wrap along with crinkle-cut veggies.
- Getting enough sleep is imperative for both children and adults. According to the National Sleep Foundation, teenagers need 8-10 hours of sleep to function best. Be organized and get the family to sleep early so you can promote a successful day.