



## Overwhelmed?

One of the most common barriers to exercise and eating right is lack of time. Chances are, if you're like most Americans, you've got a full load. The responsibilities of work and family do not leave much time to spare.

Often when our schedules become cluttered, nutrition and exercise are the first things to suffer. The good news is that you can still do the right thing by preparing quick and easy meals and fitting in some activity. Here are a few ideas to help you maximize your time without adding on pounds:

- Place a large bowl of fruit near your desk first thing on Monday morning. When your hunger pains strike, you'll have a quick, convenient, and nutritious snack. You'll have no need to waste time walking down to the vending machine.
- Prepare low fat meals in larger than usual quantities on the weekends. Freezing the leftovers will help you when time becomes scarce. These ready-to-go meals make great lunches.
- Take a wellness break. Take a 10-minute break and go on a short walk around your building. These breaks can be scheduled a couple times throughout your day and can actually improve productivity and health.
- Plan activities that promote fitness on your weekends. Walk along the sidelines at your children's sporting events, park further when shopping, and enjoy evening walks with your family.

It's time to realign your priorities! Individuals often make time for the things they consider important. Take an honest look in the mirror! Have you been making excuses for what you see? It's time to start with a clean slate but the point is, **JUST DO IT!** Contact your local base **Health and Wellness Center** or **Dietitian**.

***Shape Your Future...Your Weigh!™***