



FitBiz Watercooler Wellness

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GET YOUR BACKPACKS READY! – It's Time for School

It's hard to believe that summer break is almost over and the back to school rush is soon to begin! While some of us are longing for that secure feeling of "routine" again, others have found comfort in the lazy days of summer. As both young children and college students are heading back to their dorms, athletic fields, and classrooms, life can become much more hectic for students and parents. If you and your family need help getting back into the swing of things, check out these practical tips to make the transition easy and healthy.

- 1. Re-set sleep patterns.** It's easy to let bed times creep later in the summer when you know you don't have to wake up early. Start the year off rested by getting regular sleep 7-10 days before the first day of school and avoiding going to bed late and sleeping in. Sleep patterns are crucial for reaching peak performance during the first class period and maintaining it until the bell rings to go home. You'll probably get push back on this one, so be bold and be consistent!
- 2. Eat a healthy breakfast and keep healthy snacks on-hand.** Whether it's an 8:00am class, getting the kids to school, or early practice on the soccer field, we've all heard how important it is to eat a healthy breakfast to give us energy. Breakfast provides essential nutrients that are stored as energy to fuel you through your day. Try a smoothie, a piece of avocado toast, or some apple slices and cheese that can be prepared quickly and eaten on your way out the door. Even after a healthy breakfast, hunger can strike. Keep healthy snacks at home, in your bag or backpack, or even in the car. Simple options include nuts, veggies and hummus, and string cheese. Choose foods that are small to carry and pack a powerful kick!
- 3. Encourage vision e-breaks.** For older kids going off to college – and younger students as well – learning is more computer and tablet-based than ever. Follow the 20-20-20 rule: When you're using any type of electronic technology, take a 20-second break every 20 minutes and view something 20 feet away. While 20 seconds may sound short, it can help prevent the muscles of the eye from getting locked in at that focused close position, and it can help to prevent a host of vision problems that can be associated with constant technology.
- 4. Easing anxiety can take time.** It's normal for kids to have trouble for a week or two into the new school year. Not everyone is going to adjust to a new situation on the first day. Be patient. Each day can bring new challenges. This is especially true for older students, who are navigating new classes, different teachers and changing schedules.

