



## August: Back To School!

After being on summer break and, maybe, getting away from a regular daily structure, the time has come to head back to work and school. The start of school is a critical time to get both adults and kids adjusted back into a routine. Establishing a routine helps kids feel safer with fewer unknowns and also provides adults with the stability needed to thrive without losing extra time and energy. Below are a few tips for getting back into the "Back To School" Routine.



1. **Bed Time:** Sleep is crucial for maintaining good health, growth in children, managing stress, as well as preventing obesity, Type 2 diabetes, high blood pressure, heart disease and depression. The National Sleep Foundation has shown through research that the average adolescent needs 8-10 hours of sleep, while the average school-aged child needs 10-12 hours of sleep per night. As the school year approaches it is important to create a consistent sleep schedule. A week or two before school begins start going to bed one hour earlier every night and waking up earlier until the new routine is established.
2. **Homework Routine:** Creating a specific time and space for your child to do his or her homework is fundamental for academic success. Before the school year begins, take your kid(s) shopping for a small desk or ask them to help make a special area for homework. Lastly, set a homework time each day as a part of the daily structure.
3. **Family or Individual Calendars:** Calendars are excellent tools for combatting life's craziness. Having a large family calendar in a general location for all family members to see and add events to is the best way to coordinate all the comings and goings of every-single family member.
4. **Schedule Fun Outings or Things to Look Forward to:** Sustaining good health is based on finding a balance of work, school, play and leisure. Just because summer over doesn't mean you should completely cut off all relaxation or special activities. Instead, set aside time for fun outings, little rewards for yourself and your kids, a vacation or even a spontaneous ice cream trip.
6. **Exercise:** Physical activity is continually decreasing for both children and adults, making it even more important to incorporate into daily life. Whether you are a child or an adult find a form of daily exercise that you enjoy.

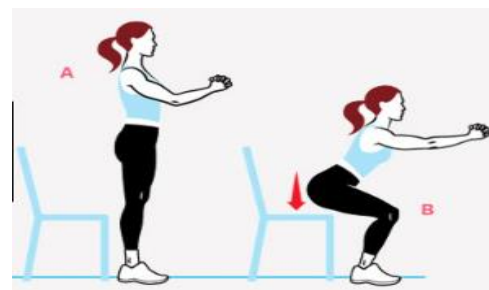


## Exercise of the Month

After summer, the average amount of time a person sits throughout the day significantly increases due to going back to work or school. These extended periods of inactivity are one of the leading causes for many of the health issues in adults and children. Remind your children and set personal reminders to get up, stretch and move as much as possible throughout each day.

### Chair Squat:

1. Start in a seated position, feet hip-width apart and toes parallel pointing forward.
2. Slowly rise up, keeping your knees over your ankles and your body weight mainly in your heels, until you are in a full standing position.
3. Gradually lower back down into a seated position in the chair, while maintaining a forward gaze and straight posture with the core engaged.
4. Repeat 2-3 sets of 10 repetitions.



## Recipe of the Month



Establishing a healthy meal routine is one of the greatest challenges after summer vacation because everyone is busy with heading back to work and school, and, often, eating healthy is the last thing on people's minds. Creating a list of 10 rotating packable lunch meals before the busy work and school season even starts is one easy way to kick start the school year. Not only is this beneficial in saving time, energy, money, but also is an excellent way in making sure you are getting all the essential nutrients needed to fight off any illness that often accompanies the start of a school year. Strive to include a veggie, fruit, healthy fat and protein in each of the 10 meals. Lastly, investing in a good metal lunchbox or cooler with individual spaces for food makes homemade lunches even easier.

### Example Lunch:

- Sliced apple with almond butter
- Olives and cucumbers
- Yogurt or cheese stick
- Egg Muffins

### Egg Muffin

#### Ingredients:

- 6 eggs
- ¼ cup milk
- 2 cups grated cheddar cheese
- ¾ cup spinach, cooked and drained (about 8 oz. fresh spinach)

- 6 bacon slices, cooked, drained of fat, and chopped
- 1/2 cup grated Parmesan cheese (optional)
- Optional Additions: diced onion, chopped bell peppers, mushrooms, zucchini etc.

### **Instructions**

1. Preheat oven to 350 degrees. Use a regular 12-cup muffin pan. Spray the muffin pan with non-stick cooking spray (olive, coconut or avocado oil) or line parchment paper/muffin liners.
2. In a large bowl, beat eggs until smooth. Add milk, Cheddar cheese and mix. Stir spinach, cooked bacon into the egg mixture, as well as any other additional ingredients. Ladle the egg mixture into greased muffin cups  $\frac{3}{4}$  full.
3. Top each muffin cup with grated Parmesan cheese.
4. Bake for 25 minutes. Remove from oven and let the muffins cool for 30 minutes before removing them from the pan.

### **Health Tip**

Do you or your child experience tingling arms, weakened muscles, stooped posture, or serious back pain? Carrying too much weight in a backpack or wearing a bag the wrong way can lead to a wide variety of acute and chronic physical ailments. The extra strain on the neck, shoulders, and back from carrying around personal items all day long causes the body to develop muscle imbalances. These compensations place extra stress on the spine, joints and ligaments throughout the entire body. Doctors and physical therapists recommend that a person does not carry more than 10-15% of their body weight. Only carrying that amount of weight is often hard to do; therefore, carrying and purchasing backpacks or bags that fit your body properly is important. Pick out a backpack that has wide, padded straps so that they do not dig into the shoulders, interfering with circulation or pinching nerves. A backpack that rests in the curve of the low back with a waist strap allows the weight to be evenly distributed through shoulders and entire back.

**For more Health & Wellness information visit: [www.4eap.com](http://www.4eap.com)  
Or Call for More Information: (800) 324-4327**