

NEW HORIZON MEDICAL

|SEPT 2023|

Health Tip of the Month



BACK TO ROUTINE

The beginning of the school year lends itself to establishing a new routine or getting back to an old one. Whether you have kids or not this is a good opportunity to get into the good habits that may have been on the back burner over the summer.

Last month we talked about habit formation and how to get started. Now we can focus on implementation. Exercise is especially important to focus on this time of year before the weather gives us an excuse to put it off.

Many people enjoy exercising outside year-round, but it is much harder to establish a routine when the weather is working against us. Start now and you will not have to worry about that.

IDEAS FOR PUTTING IT INTO PRACTICE

MAKE TIME

Make time in your daily routine for exercise. Right now, many routines are just getting started so it is a great time to work time into your schedule for daily movement.

START SMALL

There is nothing wrong with starting with a few minutes a day. You will be surprised with what you can accomplish in that time. Doing something is always better than doing nothing. If your routine allows for more time as your practice evolves that's great, if not just continue to do your best with the time you have.