



# Health Coaching Hints

## "PREPARING FOR FALL"

### Rebalance Your 2020 Expectations

**September 2020**

#### **Health Coaching Hint #1: Schedule One Last Summer Adventure**

Summer is coming to an end and autumn is just around the corner. As the days get shorter, now is the time to plan one last outdoor adventure. Spending time in nature can have a beneficial impact on mental and physical health. With sheltering in place the past several months, many of us have not taken the vacations we planned for this summer.

Before it's too late, find a weekend where you can:

- Go on a day hike
- Get out on the water to do some boating or paddleboarding
- Plan a family road trip
- Take a weekend to go camping
- Plan a weekend out just to get out of town.

#### **Health Coaching Hint #2: Re-Adjust Your Schedule**

School is about to start if it has not already. With parents and kids both at home for the foreseeable future, setting a regular schedule can help create a bit of control in what could otherwise be a chaotic situation.

Start simple and make sure you are scheduling a specific time for waking up and going to bed, as well as for regular meals. Bonus points if you have them together as a family.

### **Health Coaching Hint #3: Reset Your Nutrition**

Summer's nearly over and we've a couple months before the holidays start. Now is the perfect time to evaluate what you are eating to remedy any bad habits that may have developed over the summer.

Not sure where to start, try this:

- Log your meals for one week
- Review your results to ensure you are getting a good ratio of your macronutrients (proteins, fats, and carbohydrates).
- Adjust your fruits and vegetables to get closer to eating 2-3 servings of fruit and 8-10 servings of vegetables daily.
- If you notice a theme around processed foods start replacing just one meal with fresh, whole foods each week.
- Make sure you are getting enough water. The recommendation is half your body weight in ounces daily.

### **Health Coaching Hint #4: Rebalance 2020 Expectations**

Now is a great time to look toward your goals for this year and evaluate what needs to change in the next few months to meet them.

It's highly likely the goals you started out with no longer match where you are now, but that doesn't mean you can't finish out 2020 strong.

To get you started, follow these steps:

1. Write down what changes you want to have in place by the end of the year.
2. Write down where you are at in relation to these goals.
3. Take a good hard look at what needs to change to get you to where you want to be and where you currently are.
4. Be honest with yourself about how realistic bridging this gap will be. If it seems like too much it probably is.
5. Adjust your goals for the end of the year if you need to in order to make them more realistic.
6. Find one small step you can take toward your goals then halve it and start there.