

**September 2022
Health Coaching Hints**



**Schedule your
health coaching session
with Erika today!
(509) 392-7047**

**September 2022 Health Coaching Hint
“AUTUMN MOVEMENT”**

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The days are getting shorter, and the weather is finally cooling off. Whether you need tips for restarting outdoor activities or want to keep up your current activity levels, here are a few tips for how to stay active during this transitional time of year:

MAKE MOVEMENT FUN. Schedule activities that you enjoy as often as possible to keep you interested and to bring a bit of joy into your life.

MAKE IT SOCIAL. Grab a friend or family member (or two) and spend the afternoon finding the perfect pumpkins at a local patch or wandering through a corn maze.

GET COMPETITIVE. Sign up for a holiday fun run or other event solo or as a group.

ENJOY THE COLORS. Make time to get outside and in nature to enjoy the change in colors before all the leaves have fallen and winter is here.

