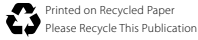


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Sticking to a healthy schedule

No matter how hard you try, daily obstacles always seem to be spoiling your best health efforts. Taking the kids to soccer practice means dinner will come from a drive-thru window; holiday festivities mean you won't see the inside of your gym for the next three months. How can you stick to a healthy schedule when you're so busy? Here are some ways to help good health practices become a routine part of your day:

- **When you know you have a busy week ahead,** cook a big meal early in the week. The leftovers will come in handy when you're on the run.
- **If you eat out a lot, stick to salads,** grilled meat and fish and non-cream-based vegetable dishes.
- **Assign family members specific chores** and use the extra time to prepare a healthy meal, take a walk or just soak in a warm bath.
- **Do you take the elevator in your office building?** Get off a couple of stops early and walk the rest of the way.

New year, New you!

➔ **For information about healthy nutrition, contact Northside Hospital's New Start, Weight Smart Program at (404) 851-6023.**

