

Summertime Blues

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Summer brings with it both relaxation and anticipation! Anticipation of that much needed vacation, of beach days and cookouts. We eat more, we drink more and relax more. For most of us, this means that our routines drastically change. Let's face it, the last thing we are thinking about after a cookout with a couple drinks on a Sunday night is what we are eating the next day, or what time we are getting to the gym! And if we're honest, most of us started on Friday night, after all it is summer!

So, what happens when summer's over?

Schedules go back to normal, kids are back to school and Sundays are our day to recuperate from the week instead of getting in one last party! Labor Day marks the end of summer and the start of a new school year; this is the perfect time to revisit your health and fitness goals! Don't let the summer time blues kick in, instead look at this as the start of your new year and revisit your goals.

Five tips to fight the "Summertime Blues" and get back on track!

- 1) Set a goal. What would you like to do over the next couple months? Eat healthy? Lose weight? Start an exercise program? You need to know what your goal is in order to get to work!
- 2) Keep it real. Part of being successful is being realistic. Set realistic obtainable goals and add to them as you progress. If your goal is to eat healthy you may start by cutting out the sugar. If you're starting an exercise program begin with 3 days a week and add on from there.
- 3) Write it down. Journaling is an important part of success, especially in regards to nutrition. People who journal are more successful than people who don't. So, track what you are doing and you will be more mindful and more successful!
- 4) Be consistent. With all the quick fixes and easy answers out there, nothing, and I mean nothing, will get you to your goal faster than being consistent! Don't let one bad day, bad meal, or missed workout throw you off track, get right back at it and you will reach your goal.
- 5) Get help. If you're doing all of the above and still struggling, get some help! Find a certified health professional that can help you reach your specific goals.

As much as we love summer there is something to be said for getting back to a "normal" schedule. Start tackling the projects you may have let slide and start making or revisiting your goals. Dig in, stay the course, and before you know it summer will be here again and you'll be looking and feeling even better than you did this summer!

Contact [Sullivan Benefits](#) for assistance with educating your employees and family members about exercise and fitness.

Congratulations, just taking the time to read this article is a positive step toward introducing wellness and the benefits available from a healthier lifestyle. Thank you for your time and THINK WELLNESS!

