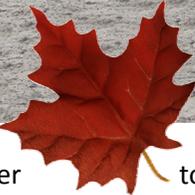


# Easy Ways To Transition Into A Healthy Fall

'Summer is over and gone,' repeated the crickets.  
'How many nights till frost?' sang the crickets. 'Goodbye, summer, goodbye, goodbye!'  
-- Charlotte's Web

As we say goodbye to summer, there's a lot to look forward to in the fall. The ease of summer moves into the activity of autumn, and while we've enjoyed our time at the beach, it can be equally wonderful to transition into comforting routines. Let's remember the healthy lessons we've learned from summer - everything from eating fresh to trying new things - and transition them well into autumn.



3) Remember to keep a sweater and a pair of sneakers in your office, so you can head outside for a walk at lunch to enjoy the crisp fall air. Just because the air has cooled off a little doesn't mean that you can't still enjoy your favorite outdoor activities!



2) Continue to get your fruits and veggies at the farmer's market. Along with lots of new autumn produce, why not continue to enjoy fresh watermelon long after Labor Day?



1) Have you always wanted to take a ballet class, learn a new language, or join a soccer league? Now is a great time to try something new! Autumn is a time when classes are just starting up; look online or in your local newspaper for activities that may pique your interest.



4) The lazy days of summer are behind us, and it's now time to get into the school routine again. Ease yourself and your children back into healthy sleep habits. Talk to your children about any changes that are occurring, such as moving from middle to high school, and take a tour of any new school. Look online for what your child's teacher is recommending for his/her school supplies, and check to make sure that your child has completed the required summer reading or homework.



5) Get organized! Kids come back from camp, families return from vacation, and work picks up again. Now is a great time to de-clutter closets, get your calendar in order, and store a bunch of extra meals and snacks in the freezer for those busy autumn days!



**For additional tips, call your  
Employee Assistance Program.  
We'll be glad to help!  
800-451-1834**