



COACH'S CORNER

Back to School Wellness Tips!

Kristin Hullett, RD/Health Coach

As an educator, you have a high-energy job with only so many hours in the day! It is essential that you are engaged in healthy lifestyle behaviors to be the best that you can be. Here are some tips to help you this school year:

1. Establish a physical activity routine

- a. Find a workout buddy – try a 30-day challenge and walk every morning before work!
- b. Ask for support from your family and friends – you are more likely to meet your goals
- c. Notice how you feel throughout the day after morning physical activity – is your mindset more positive?

2. Prioritize stress management techniques

- a. Try journaling for clarity and energy release
- b. Practice deep breathing – try a meditation video from YouTube
- c. Spend time in nature – go for a hike and explore a state park

3. Stay fueled with real, whole foods that will give you energy and other health benefits!

- a. Start each day with breakfast for energy/clarity and to help prevent overeating later in the day
- b. Consume 5 servings of fruits and vegetables per day
- c. Try nuts/seeds for an easy snack
- d. Pair lean protein with vegetables and whole grains for a quick meal

4. Drink plenty of water to stay hydrated!

- a. Aim for a minimum of 64 ounces of water per day.
- b. Use a reusable water bottle to keep track of how much you drink!
- c. Add lemon or lime for more flavor or try sparkling water with no sodium

5. Aim for 7-8 hours of quality sleep

- a. Try to go to bed and wake up around the same time every day; this will help regulate your sleep cycle!
- b. Avoid blue light emitted from electronics such as the television or phone 1-2 hours before bed – try reading or journaling instead
- c. Make your room as dark as possible to avoid light from disturbing your deep sleep

If you would like to learn more about wellness or are need guidance to meet your health goals, please schedule an appointment via phone or email with the health coach!

Kristin Hullett, RD/Health Coach
(317) 517-5161 | khullett@iuhealth.org

Sources:

Learners Edge, Teach for America