



## Bolton Wellness Newsletter

**It's August.** Summer is coming to a close and there's a busy season ahead.

As schedules ramp up—and back to school takes full affect—it's easy for personal wellness to take a back seat. Don't let it happen! Now's the perfect time to work in a healthy routine for yourself (and your loved ones) that will help you thrive this season.



### BACK TO SCHOOL CHECKLIST

#### ✓ Health Check

August is a great time to schedule a checkup with your doctor. Start the season off with a clean bill of health and thorough understanding of your numbers—beyond what your scale says. Here are some important figures to know:

- **Body Fat Percentage** – This metric takes more than just weight into consideration, examining exactly what your weight is made of. You may ask, what about body mass index (BMI)? If we used the BMI method today, every fullback in the NFL would be considered morbidly obese—even though they average 9 percent body fat. Read more [here](#) about why this is, and learn more about the different methods of body fat measurement [here](#).
- **Comprehensive Metabolic Panel (CMP)** – A CMP helps better determine what is happening inside of your body and uncovers any potential risks you may face. The screening (which often requires fasting) helps measure metabolism, kidney and liver health, glucose (blood sugar), electrolytes, and blood proteins.
- **Lipid Panel (Total, HDL, LDL, Triglycerides)** – This is a total cholesterol test to determine buildup of plaque in your arteries which can lead to narrowing or blockage. There are rarely any signs or symptoms of high cholesterol, so this is an important test to see if you're at risk for heart disease.

#### ✓ Bedtime

The typical amount of sleep recommended ranges from 7-9 hours. The amount of sleep you will need to improve your energy, memory, mood and attention the following day will vary. Establish a sleep schedule that works for you and stick with it. If you have kids, make sure their bed time is before yours. Some time alone or with your significant other is vital for healthy relationships

**TIP:** Join the 5 a.m. club. Waking up for an uninterrupted morning workout or your [Daily Stoic](#), will allow you to start your day with a healthier mindset. It will also provide you more freedom and control of your day.

#### ✓ Work Hard, Play Hard

We all need time to unplug and get some fresh oxygen flowing to our brain—not just adults! Put down your laptop or cell phone every once in a while and enjoy some quality time with family and friends. Take a walk outside, schedule playdates at the park, visit local museums or attend a sporting event. There's so many more ideas—grab some more [here!](#)

**TIP:** Try doing these activities without digital distractions—not even for a picture! Take in the moment and be present—the memories you capture might blow away a standard cell phone photo.

#### ✓ Establish Your Environment

Set yourself up for success. Put yourself in a positive environment where the 'norm' is to set and achieve goals, do well and pursue excellence. Surround yourself by individuals who understand that hard work is how you meet goals and be this example for those around you as well. This includes nutrition—fill your pantry, fridge and family lunch boxes with options that support healthy habits. Your environment will form who you are!

### Let The Kids Pack Their Lunches!



This isn't as scary as it sounds! Get 5 buckets and label each one: **Protein // Dairy // Fruit // Veggies // Grains.**

Children can help by choosing one pre-bagged item from each bucket. A few examples of what each bucket can consist of are below. This can be your form of 'meal prepping' for the kids throughout your busy work week.



Don't Forget...

### Labor Day

MONDAY 09.02.19

Kick your feet up and RELAX this Labor Day. This day is all about YOU and the contributions you've made to towards the growth and prosperity within your business, community and our great country. **Enjoy!**

