



RENOVATING ROUTINES

The seasons change and with them, it's time to consider if your routines need to change!

Having healthy routines that support healthy choices is essential.

Willpower only lasts so long, so it's essential to be strategic to establish or continue routines that promote maintaining a safe food environment in your home and workplace.

What routines should you stop? What new routines should you start? Take the opportunity of this time of year when most people are switching gears and evaluate your routines when it comes to exercise, grocery shopping, food preparation, and sleep.

PERSONAL COACHING
GET STARTED

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