



Falling into a Routine

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There's a great pause as you start back into your fall routine; getting those kids off to school and starting your day much earlier is no small feat! As you gear up for the busy months ahead, the light summer schedule may feel like a distant memory. Nothing is quite as satisfying as taking care of others whether you're taking care of a family member, friend or neighbor; remember to take time to care for yourself.

Pamper your body with a massage and a facial at a local spa. Though, your skin may not feel damaged by the summer sun, you'll feel great after a deep cleansing and detoxifying alone for a few hours.

Once you're finished with your overall appearance, continue a regular and fun exercise routine. Add a half-hour of your favorite songs on your iPod and hit the road for your own fun run. For maximum fitness results, follow a combination of toning by waking up muscles rarely used with regular high-intensity cardio workouts. It's important to change your rotations and hit your muscles from different angles. If you're not looking to bulk up but you want to build muscle tone, never work out with weights heavier than 3 pounds. Master the basics of everyday pilates and yoga by strengthening your abdominal muscles. Increasing the coordination and strength deep in the abdominal muscles will help stabilize and protect the lumbar spine, thereby either preventing or reducing the incidence of recurring lower back pain.

Continue to your healthy eating habits. Transitioning your shopping experience from the fresh fruits and vegetables in the farmer's markets to the grocery store can add to less local products and consuming unhealthier products. Organic foods are a healthier choice — in more than one way. Studies show some organic foods are higher in antioxidants and cancer-fighting nutrients, such as berries; which help build your immune system. Your consumption of berries doesn't have to stop when the farmer's markets close: frozen, dried and all natural juices have similarly healthful properties. Add some fun to your berries with nuts, granola, honey, yogurt or salad.

Keep fruit out on the counter and minimize the purchase of pre-packed items. You'll be more likely to hit the fruit and continue your healthy summer eating habits.