

Wellness Weekly by Wenk

Getting Back Into the School Groove

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As another summer comes to an end, a new school year is on the horizon and just beginning. It is important to start your school year off right and in the right frame of mind. Get into a good morning routine, or groove as I like to call it. Wake up, brush your teeth, put on a fresh clean pair of clothes and get yourself something healthy to eat to get you going in the morning. Whatever your morning groove consists of, make sure you include a healthy morning breakfast.

Breakfast is considered the most important meal of the day. Breakfast kick-starts your metabolism, which helps you to burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus at work or at school. It's important that you and your son/daughter take the time to consume a healthy meal every morning to get yourself energized and ready to seize the day. Many studies have linked eating breakfast to good health, including better memory and concentration, lower levels of "bad" LDL cholesterol, and lower chances of getting diabetes, heart disease, and being overweight.