



Welcome back to school Oak Park! Stevenson Fitness is excited to partner with you in an effort to promote healthy living amongst both the students and the teachers. Stay tuned for monthly articles, “Stevenson-approved” menu items at your café as well as some fun interactive challenges throughout the year!

Living a healthy lifestyle has many advantages: more energy, increased focus, improved mood and more confidence to name a few! In order to achieve these advantages, it is important to learn to establish a healthy balance between two regular habits in your life: eating right and working out. So where do you start?

Take one small step at a time. By slowly making changes to both habits, you can be very successful in the long run.

For this first month, I want you to focus on one simple thing when it comes to what you eat. Write everything down! For one week this month, keep track of everything you eat, including your “B.L.Ts” (Bites.Licks.Tastes)! After journaling your food choices for 7 days, you will have a better idea of the changes you can make to live a healthier lifestyle.

Now let’s address your workout routine. For the first week, commit to doing something physical once a week. It could be hiking, jogging, playing basketball, or taking a class at a gym. Then, for week 2, increase that activity to 2 days a week. See the pattern? By making small changes incrementally, you will begin creating sustainable habits that will yield noticeable results!

So what are you waiting for? Get started now! We look forward to taking this journey with you as we strive to make Oak Park a healthier community for everyone!