



HouseCalls-MD

Healthy View, Healthy You!

Flow Into Fall

As we ease out of the lazy days of summer the warmer weather, longer days, and summer fun begins to fade. The start of school, new routines and football season is suddenly upon us. However, some of the best temperatures can be experienced during this time of the year here in the Lowcountry. This means leisurely walks and outdoor activities become more bearable without the intense heat like we have experienced this summer.



Just as the season shifts to a new phase, we can also experience a shift within us.

The stores begin to explode with fall décor, pumpkin spice and everything nice fills the air and our routines tend to

shift. This can often times bring about changes within our mind, body and spirit. We go through phases just like the seasons.

So, it's important to recognize and honor any shifts you may be feeling. We often feel like making some changes, starting a new routine or tweaking our lifestyle just a bit. For many families, fall is when kids begin a new school year and join extracurricular activities. For others, it may be a time to focus on work, starting new projects around the house, setting new goals or engaging in a new hobby. Here are a few ways you can get into the fall groove, including a few thoughts to help summer have a proper send-off.

Journal about your Top 10 Summer Memories

Journaling can bring forth clarity, lessen anxiety and enhance brain activity. This is a great way to keep summer memories alive! It could be fun to look back and reminisce during the colder months ahead.



beets, carrots, radishes, pumpkins and sweet potatoes.

Casseroles and soups loaded with vegetables are great options for busy families.



Declutter and Organize

This may be the perfect time to donate items you no longer use and organize your surroundings. Less clutter brings more clarity and mental focus. It's a great way to involve the children or grandchildren as well!

Revisit your meal plan

Mother Nature does a marvelous job at providing foods each season that best support our bodies during that particular time of year.

New seasonal fruits and vegetables will be displayed on store shelves and your local farmers' markets. This might be a good time to change up eating habits and focus on meals that include fresh seasonal veggies and fruits, and explore more grounding foods as you move into the cooler months. Fall foods are great for their grounding properties and can help you feel strong for the fall season ahead. Think root vegetables such as

Move Your Body

Our bodies need motion no matter what season, so there's no better time to get out and enjoy the crisp fall air. You may try incorporating a family walk after dinner, develop a simple stretching routine every morning or at night before bed or commit to doing some form of exercise at least 30 minutes per day. This can even be broken down into 10 minute increments 3 times per day. Do whatever is conducive to your body and situation. The important thing is to just move!

House Calls-MD is here to serve You!