



# #ReturnToRoutine Tips & Tricks

*By Kimberly Lallouz*

**1** Meditate in the morning, start with 2 minutes and work your way up to 10 minutes

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

**2** Whenever possible, take the stairs

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

**3** GET. GOOD. REST.

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**4** Get a change of scenery, even if it's just outside the city to help reset and get back to things with a fresh perspective

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**5** Go for a hike or nature walk. Connecting with nature is the best way to stay grounded and establish a good foundation for a mind or body reset

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**6** Swap out heavier or sugary drinks for a low carb option like Molson Ultra

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**7** Practice stretching and yoga as a 5 minute practice, 4-5 times a week. Good habits are easy to create and keep around rather than fizzle away. You don't need to do too much too quickly!

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**8** Instead of starchy carbs like pasta or potatoes, opt for options with more fibre. Think brown rice or mixed grains!

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