

Strategies for Healthy Living

Lack of Time

- Buy premade ingredients such as pre-cooked brown rice, canned beans, pre-cut fresh or frozen fruit and vegetables (including leafy greens for salads); use seasoning packets or meal delivery (PlantStrong, Whole Harvest, MamaSezz, and LeafSide, Factor)
- Buy foods that don't require preparation (e.g., apples, bananas, blueberries, grapes, strawberries, carrots)
- Create a meal rotation so you don't have to plan dinner each week
- Create a list of common grocery items so you don't have to think about what you need each week; Consider using your note app on your smartphone so you can checkmark what you need throughout the week
- Pre-cook grains, cut veggies/fruit, portion snacks into baggies/containers, batch cook, etc., and refill vitamin/pill containers
- Cook more; multiple meals can last you throughout the week and requires less cooking time
- Review your schedule at the end of each week for the following week to identify opportunities for movement and plan accordingly
- Shorten your exercise routine. If you can't do 30-60 minutes, can you do 10-15? Any exercise is better than no exercise
- Be flexible. If you don't have time to go to the gym or a studio, have options for at-home workouts or activities outside your house
- Bring clothes with you to change into at the gym if you don't have time to go back home; you can bring shower supplies, too, if needed

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- Exercise while doing other activities (watching tv, reading a book, talking on the phone with a friend, doing computer tasks, studying for an exam)
- Incorporate more exercise in your daily routine (e.g., take the stairs instead of elevator, bike to the grocery store, increase your walking pace)
- Use grocery delivery or pick-up service (e.g., Instacart, Amazon)
- Use time-saving appliances (slow cooker, Instant Pot, or air fryer) for cooking healthy meals
- Use a blender to make smoothies (consider putting ingredients in containers or Ziplock bags for faster mornings)

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