

# SUNDAY MORNING HEALTH CORNER

## Keep Up the Summer Fun All Year Round With Healthy Habits

Healthy habits are important all year round, but in the summer it's easy to be thrown off track during the long days of fun activities, vacations, and extra leisure time with friends and family. Making small changes in your daily routine can lead to a healthier lifestyle.

Here are some helpful tips to get you started as summer schedules get busier:



### Prepare healthy meals ahead for packed lunches and family dinners.

Planning healthy meals ahead of time can save valuable time during the week and help you maintain a well-balanced diet.



**Keep moving and having fun.** Just because summer may be coming to an end doesn't mean you can't enjoy some time outside.

ZZZ

**Make sure you get enough sleep.** One in three US adults isn't getting enough sleep, and over time this can increase the risk for type 2 diabetes, heart disease, weight gain, and depression.



### Take the 1-minute prediabetes risk

test. Once summer comes to an end, it can be difficult to find time for yourself in a busy schedule. But learning about your risk for prediabetes through the **Southeast Diabetes Faith Initiative** can help you make healthier decisions.



THE  
**BALM**  
IN  
**GILEAD**  
INC.

[www.balmingilead.org](http://www.balmingilead.org)

620 Moorefield Park Drive, Suite 150  
Richmond, VA 23236  
804.644.2256

Visit [www.balmingilead.org/sdfi](http://www.balmingilead.org/sdfi) for more information.