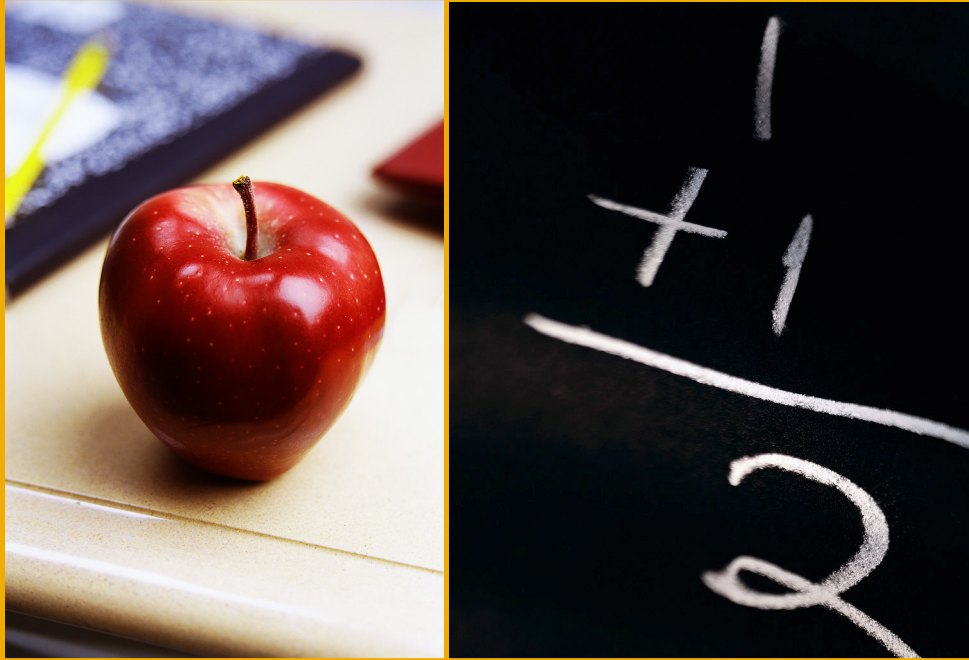


# Back to reality



Returning to school or work after your summer vacation means getting back to housework, cooking meals, school schedules and extracurricular activities. In order to get back into a healthy routine as soon as possible, try to give yourself one day before returning to run errands, rest and to stock up on healthy meal options. Plan to exercise within one to two days of your return. This may motivate you to meet a friend at the gym and catch up on stories of your summer vacation.

