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With a little bit of planning and time, you can ensure that you are set up for the week with healthy food options and physical activity built into your schedule

Many college students struggle with weight gain due to a decrease in physical activity and an increase in unhealthy food intake.^{1,2} Now that you're out of college and already in a time of transition, let's take this opportunity to put some new healthy habits in place!

Meal planning is associated with a healthier diet and a decrease in weight gain.³

Stocking up the pantry with healthy snacks can make it easier to make healthy choices.

⁴Scheduling exercise into your week and prioritizing it will help increase the chance that you'll stick to it!⁵

Are you a new, young professional?

The transition from college life to the “real world” can be challenging. You are suddenly responsible for your money, time, new job, and health! So how do you set yourself up for success when it comes to your health? Read on for some helpful tips!



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SETTING YOUR HEALTH UP FOR SUCCESS- A GUIDE FOR THE NEW YOUNG PROFESSIONAL



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EXERCISE

Find a form of physical activity that you enjoy!

There are so many options when it comes to moving your body. Walking, jogging, hiking, lifting weights, dancing, biking, rowing, swimming, boxing, exercise classes, walking your dog- you name it! Just find something that you enjoy that gets your heart pumping. Bonus points if you do it with a friend. If you plan physical activity into your schedule you are more likely to think of it as an important part of your schedule, which it should be!⁵

MEAL PLANNING

It sounds like a lot of work but it doesn't have to be! Here are some helpful tips on how to make meal planning easy and painless.

You don't have to be good at cooking to do a little bit of meal planning. Take advantage of grocery store "hacks" to make things easier for you! Pre cut vegetables make steaming or roasting quick and easy and bags of frozen fruit can easily be thrown into a smoothie for a quick breakfast option

1. Come up with a plan

Look up some easy recipes online, read some cookbooks, or call a friend or family member to get some ideas. Focus on finding recipes with a few simple ingredients and make sure you focus on well balanced meals made of vegetables, protein, whole grains, and fruit.³

2. Make a grocery list and stick to it!

Stock your pantry with healthy snacks so that you will have healthy options at your fingertips and won't be tempted by sweets and processed foods.⁴

3. Get cooking

Set some time aside on your day off to put on some music and get cooking! You'll save a lot of time and energy during the busy work week when you don't have to think about what to eat.



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Getting started in the adult world can be hard. With a little extra time and planning you can set yourself up for success with **meal planning**, **stocking your pantry with healthy options**, and **putting exercise into your weekly schedule**.

References

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