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## SEPTEMBER - BACK TO SCHOOL, BACK TO ROUTINE

### *Balancing Work, Wellness, and Family*

Provided by **GYMGUYZ Main Line & Montgomery County**

As the buzz of back-to-school season takes over and summer fades, re-establishing a balanced routine that encompasses work, wellness, and family time is essential. Here are tips to help the whole family transition smoothly into a healthy autumn:

- 1. Morning Family Workouts:** Kickstart your day with a family workout session. It's a great way for everyone to energize and spend quality time together before heading off to work and school.
- 2. Schedule Exercise Like a Meeting:** Treat your workout times as unbreakable appointments on your calendar. Your body will thank you later!
- 3. Quick Desk/On the Job Workouts:** Incorporate short, 5-minute workouts throughout your day to keep energy levels high.

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