



SAVE TIME AND LIVE HEALTHILY!

As it turns out, there ARE ways to save time and money while maintaining a healthy lifestyle. The key is to plan ahead. People have a variety of different life values and commitments, so no one “plan” will look exactly the same. The following are a few tips that can help you develop your own time-saving, money-savvy plan for health success!

Take Healthy Short Cuts

Don't be afraid to use canned or frozen fruit and vegetables. These are easy to buy in bulk and keep on hand. Frozen produce is often frozen in its peak season and is just as nutrient-dense as fresh. Frozen vegetables can go straight in the oven for roasting or on top of the stove for steaming, sautéing, or boiling. Frozen fruits are wonderful for smoothies or baking. Canned fruits and vegetables are other good options, just be sure to look for low or no sodium vegetables, and fruits canned in water or 100% fruit juice. Pre-chopped fresh fruits and vegetables can also be helpful, if you don't mind paying a little extra for them.

Cook with a Time Machine

Modern technology offers all kinds of time-saving devices that can get dinner on the table in no time. Crock pots, Instant Pots, air fryers, and microwaves are all modern-day appliances that can help save you time. One-pot or one-pan meals can also help save time. Not only are they simple to prepare, they can also save on clean-up time with fewer dishes to wash! Soups, casseroles, stir-fries, and sheet pan dinners all make quick and healthy meals, with minimal clean up. Pro tip: Line your sheet pan with tinfoil and let clean up take care of itself!

Stay Stocked Up

Keep your pantry stocked with nonperishable items like rice, beans, pasta, canned goods, and spices. Good examples of “pantry-meals” include black beans and rice, tuna-macaroni, instant soup, or even a veggie plate with rice or pasta. The freezer is also another great place to stock up. Frozen chicken, pork chops, vegetables, and leftovers can all be ready in a short amount of time. Double the recipes for soups and casseroles to enjoy easy leftovers from the freezer a few weeks later.

Exercise Throughout the Day

While it might be unrealistic to have an hour at the gym every day, consider how you might add more movement into your everyday routine. Remember, every little bit adds up and some movement is better than none!

- While watching TV: Do crunches, jumping jacks, push-ups, squats, or stretch on commercial breaks.
- On a work day: Take a walk on your lunch break, park farther away from the office entrance, do lunges or squats for a brain break, plan an exercise date with a friend after work.
- While doing chores: Dance while listening to music. Make it race to see how fast you can get done. Sweep the floors. Vacuum. Work in the yard. Anything that gets your heart rate up counts!

The key to saving time and living healthy is finding a plan that works best for YOU!

INCLUSION MATTERS: The latest Physical Activity Guidelines for Americans states that all movement is good movement and there is not a minimum or maximum time for it to count. If you spend most of the time at a desk during the day, you are in luck because you can Deskercise! *Deskercise* refers to exercise that can be performed throughout your workday and even from your desk! For sedentary

desk jobs it is so important that we move often throughout the day. Check out this link for [deskercise demonstrations and a video](#). Also, check out this [8 Minute Inclusive Workout Video](#) that can be performed in limited space and with no equipment. Our children also spend lots of time sitting at desks during the school day. Check out this [article](#) and [video](#) on our inclusive brain boosters.

FAMILY MATTERS: Get the family involved! Young children can help put together casseroles, while older children can help wash and chop vegetables. Involving the family in cooking makes it seem less like a chore and helps get dinner on the table more quickly!

LINKS:

betterhealth.vic.gov.au/health/healthyliving/cooking-tips-for-busy-people

cooksmarts.com/articles/best-time-saving-kitchen-tips/

eatingwell.com/article/17801/how-to-save-time-in-the-kitchen-our-best-time-saving-ingredients-cooking-tips/

Healthy Recipe: recipes.heart.org/en/recipes