

W.O.W.

WAC ON WELLNESS

THE BENEFITS OF FOLLOWING A ROUTINE

Summer is, unfortunately, coming to an end. Kids will be going back to school and new sports schedules have started. As the seasons switch, so do our routines. Some days are busier than others, but it is very beneficial to follow as much of a routine as you can each day in order to get the most out of your day without feeling stressed. Here are some of the benefits of creating and following a routine:

- **Setting your priorities straight:** Keep the important things first in your routine and everything else later. So, even if something in your schedule slips, it's the unimportant tasks that will suffer.
- **Avoiding procrastination:** Following a routine will not allow you to procrastinate!
- **Creating an equal balance between work, passion and learning**
- **Keeping yourself on track to reach your goals:** Being in a routine will help you accomplish tasks toward reaching your goals.
- **Bring variety to life:** Aim to fill in the gaps of "free time" each day with a different activity. Complete the necessary (sleep, work, eat, exercise etc) and choose different activities that you enjoy to fill any remaining hours of your day.
- **No more wasting time:** It's hard to waste time when you know what comes next day to day.
- **Creating better health:** Eating, exercising and sleeping on a similar schedule each day will help all the systems in your body function more efficiently leading to more energy and vibrance!
- **Happiness:** Once you are able to follow your routine you will feel happier and more content with yourself and others.
- **Self Efficacy:** You will get to know yourself, your strengths, weaknesses, talents, likes and dislikes, resulting in more control and become the person that you want to be!

Whether you are single, married, a parent or a student, you can benefit from making and following a routine. Your body, health and mind will thank you!

Visit www.thewac.com/wellnesscoaching for more information on our Wellness Program and Coaches.



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