



Good Nutrition Habits Can Fit Into a Busy Schedule –Finding Balance

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Is this you?





YOU CAN MAKE IT WORK AND BALANCE IT ALL!

BUT IT STARTS WITH YOU!

Tips for work-life balance:

- ▶ Meal prep – bulk cooking, prep fruit, time management
- ▶ Eat
- ▶ Don't forget water
- ▶ Quality over quantity
- ▶ Breathe, unplug
- ▶ Do you – do what works best for you; no worries if you fail, just begin again