



Splash! Get Fit, For You! Avoid Meltdowns!

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SPLASH! Get Fit, For You!

"Avoid Meltdowns"

Remember to replenish yourself, refuel by eating regularly & choose a balanced meal plan, snack & hydrate at consistent intervals, sleep well, take "power-naps, to avoid mood swings & unwanted outburst of anger, often embarrassing, to yourself & others.

Watch overall sugar & alcoholic beverage consumption, as this may purposefully throw your balance & mood.

Observe & recognize your children's behavior help them to establish healthy habits, early in life.

Frequency & moderation is the key for prevention.

Seize the Day!
Holly Fairfield