

## **60 Second RHA Radio Spot (September 2011)**

Well we all know what time of year it is... fall means back to school, summer holidays are over, and a big change in routine.

Hello, I'm Jenn Baker Director of Healthy Living for RHA Central and I am here to speak to you about staying healthy in the midst of change.

As the seasons change life can get pretty hectic, getting the kids ready for school, sports, other extracurricular activities, finishing up yard work and summer projects. Fall plans can be overwhelming so make sure not to over schedule. Take time to prioritize and set some realistic goals, and don't forget to schedule in some time for yourself! It's very important to find a balance in your life. Finding a balance is different for everyone so think of what rejuvenates you and find room for it in your schedule. Both you and your family will thank you for it.

That's September's MONTHLY Minute from the RHA Central, helping you become, **AS HEALTHY AS CAN BE!**