

FROM GOOD HOUSEKEEPING FOR DAILY HARVEST

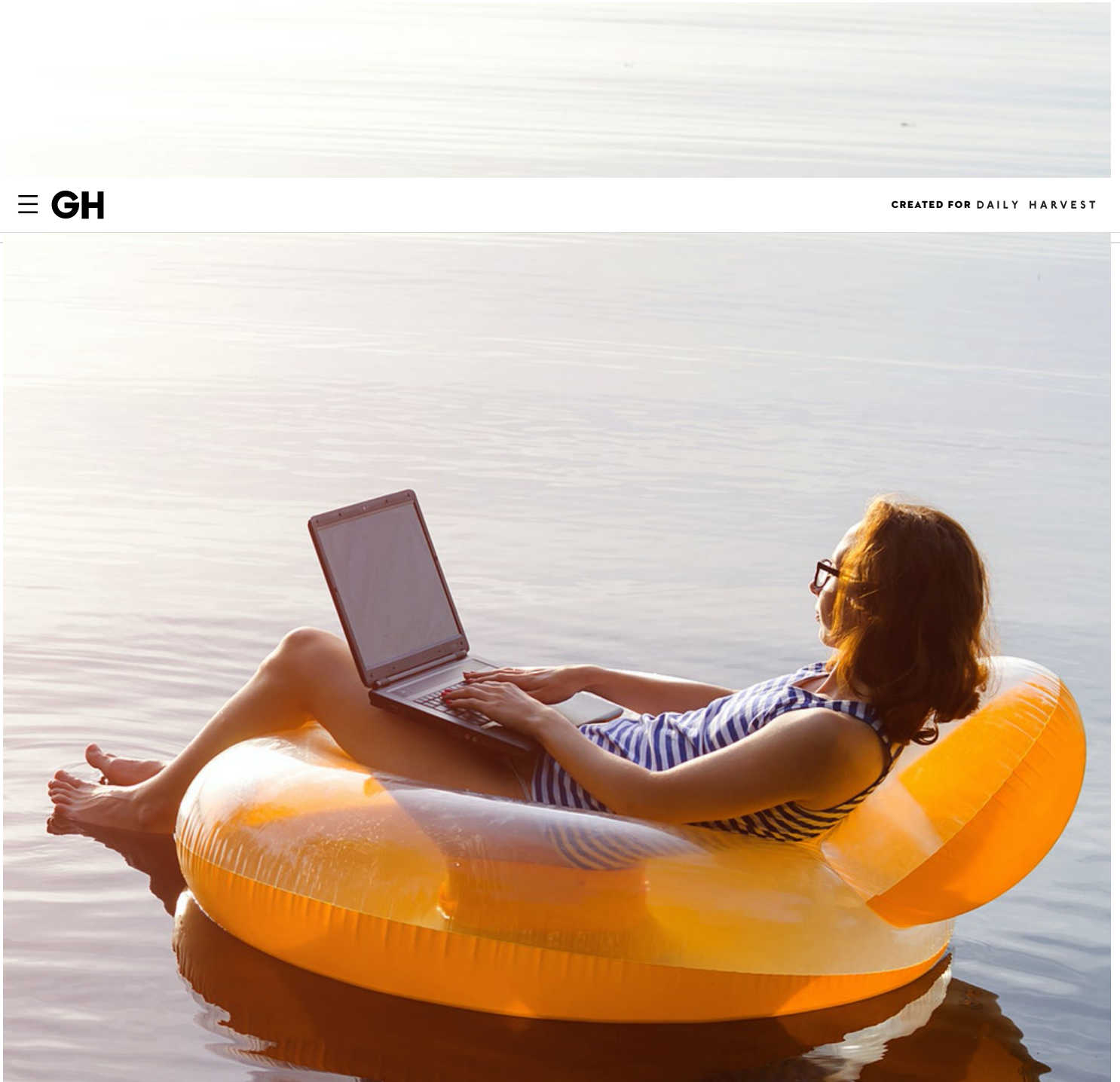
HOW TO Ease Back into a Healthy, Post-Summer Routine

The struggle of transitioning from summer Fridays to full-time job is REAL.

BY JUDY KOUTSKY Sep 12, 2019



CREATED FOR DAILY HARVEST





Does the end of summer have you crying at your desk? Same. Does working a 9 to 5 *and* staying healthy seem impossible? Also same. It's easy to stay fit in the summer when you're hiking, biking, and swimming every day, but when it's back to the office, it can be all too easy to give up your active routine and become more sedentary.

Sure, you can't control the fact that the summer heat is turning into cool breezes or that the long days are getting shorter, but you *can* control your activity levels and eating habits. In fact, fall is a great time to try out new health routines. Here are 8 easy-yet-effective ways to beat the post-summer blues and maintain a healthy lifestyle — even if you spend a good chunk of your day in an cubicle.

Give yourself something to look forward to in the A.M.

Something about chillier weather makes getting out of bed **extra** hard. But having a flavorful, good-for-you breakfast on deck might just be the motivation you need. Daily Harvest makes it easy for you: Their pre-portioned smoothies are built on organic fruits and veggies and frozen at their peak nutritional value. Not only will they be the dangling carrot you need to get up, but they're also a one-step meal that's ready in minutes.

Bonus: Get \$25 off your first Daily Harvest box with the code GHK (valid for new customers only).

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Acai + Cherry Smoothie

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Cold Brew + Cacao Smoothie

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Ginger + Greens Smoothie

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Spruce up your surroundings (literally).

Miss the summer sunshine? Then bring some of that warmth and happiness into your office. Get a cute desk lamp to keep things bright and cheerful, put up a vacation pic or two to remind you of happy times, or add a new plant. [Studies show](#) all of the above boost happiness *and* productivity.

Stand up.

A recent [study](#) found that sitting for 8 hours or more a day can increase your risk for diabetes and heart disease. If your job involves a lot of sitting, mix things up. Get yourself a standing desk and you'll be surprised how that small change can make a big impact on your health.

Eat your lunch away from your desk.

Say goodbye to working lunches and introduce a new habit: Taking your meal outdoors. [Daily Harvest harvest bowls](#), made with everything from brussels sprouts to butternut squash to kale, are a healthy lunch option that's ready in 5 minutes or less.

Enhance the experience with mindful eating, which is a fancy way of saying really taste each bite and enjoy all the flavors, while taking in the fresh air and greenery around you.

Brussels Sprouts + Lime Pad Thai Harvest Bowl

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Butternut Squash + Kale Shakshuka Harvest Bowl

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Drink more water.

Vacation brain is a real thing, and coming off relaxation mode means you're probably not working as efficiently as you'd like to be. The answer: Staying hydrated, which [can help your brain](#) think more clearly and productively. Set an hourly as a reminder to get up and fill your water bottle (experts suggest 8-10 glasses a day).

Indulge in a mid-afternoon treat.

If the break-room coffee just isn't enough to get you through the mid-day slump, treat yourself to something a little tastier. [Daily Harvest's new Kabocha + Spice latte](#) combines ingredients like kabocha, coconut, and coffee. It's a satisfying snack that'll keep you awake until dinner.

Kabocha + Spice Latte

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Work out *at work*.

Yoga in the park classes might be over, but that doesn't mean you can't still keep it a part of your routine. Instead, try chair yoga at your desk (yep it's a thing). If that feels too weird, practice yoga breathing at work. Research shows that regular pranayama practice — a controlled breathing technique — can help you stay focused on tasks while reducing stress and anxiety.

Stay social.

You may have gotten your fill of neighborhood block parties and family BBQs this summer, but heading back to the office typically means more alone time and working in solitude. And that's a bad thing, because social interactions are important for your mental health.

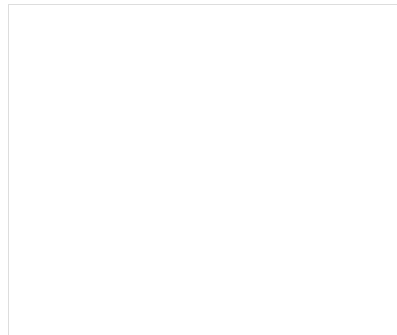
The Mayo Clinic reports that friends can actually help reduce your risk of depression, high blood pressure, and an unhealthy body mass index (BMI). So plan to meet your work wife for lunch or head to an after-work activity with friends, like a kickboxing class. Remember, staying social is self-care.



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