UW-Whitewater Lunch ‘N Learn Presentation

September 2026

Fall Reset: Healthy Habits for a Fresh Start

Why Fall for a Reset?

- New school year
- Routine returns
- Weather changes
- Great time for healthy habits.

Reset Your Schedule

- Ask yourself:
- ✓ Am I getting enough sleep?
- ✓ Am I eating breakfast?
- ✓ Am I moving each day?

Prioritize Sleep

- Prioritize Sleep
  - Adults:
    7–9 hours
- Sleep improves:
  - Mood
  - Energy
  - Focus
  - Immunity

Fuel Your Body

- Think:
  - Protein
  - Fiber
  - Healthy fats
  - Whole grains
  - Colorful produce

Healthy Fall Foods

- Pumpkin
- Apples
- Squash
- Sweet potatoes
- Brussels sprouts
- Pears

Move More

- Exercise doesn't have to mean the gym.
- Ideas:
  - Walk outside
  - Rake leaves
  - Bike
  - Walk the dog
  - Dance!

Hydration

- Cooler weather doesn't mean you need less water
- Carry a reusable bottle

Manage Your Calendar

- Healthy habits happen when you plan them
- Schedule:
  - Exercise
  - Meal prep
  - Family time
  - Sleep

Mental Wellness Check

- Ask yourself:
  - How am I feeling?
  - What fills my cup?
  - What drains my energy?

Practice Gratitude

- Write down:
  3 good things each day.
- Benefits:
  - Better mood
  - Less stress
  - Greater resilience

Reduce Screen Time

- Try:
  - "No phone" meals
  - Technology-free bedtime
  - Outdoor breaks

Set ONE Wellness Goal

- Examples:
  - Walk 3x/week
  - Pack lunch twice/week
  - Read before bed
  - Drink more water



Celebrate Progress

- Healthy living isn't perfection.
- Every healthy choice counts.
- Progress > Perfection



Fall is the Perfect Time for a Reset

- Start small.
- Stay consistent.
- Celebrate every win.

Questions?