Get a healthy start to the school year it’s as easy as 1-2-3

1. **Plan healthy meals.** Take time on Sunday’s to prep healthy lunches for the week ahead.

2. **Keep stress in check.** Check in with yourself and your kids to manage stress. Consider engaging in breathing exercises or meditation as a family when stress is high.

3. **Create a healthy outlet.** It can be hard to make time for yourself as the school year ramps up, but it’s even more important to take these breaks when you’re feeling stressed.

To learn more helpful tips about maintaining a healthy lifestyle, visit carefirst.com/sharecare.