

TGIF: How to have a happy, healthy weekend

Ah, the weekend. Get ready to relax and rewind. But don't go too far! For some of us, when the workday ends on Friday, our healthy weekday habits end too. When the weekend comes, it can be hard not to sleep until noon, eat too much and skip the healthy routines we've tried so hard to follow during the week. Here's how to stay on track.



Photo above by La flor, below by Marcos Elihu Castillo Ramirez, courtesy iStockphoto

Quick facts on healthy weekends:

1 Focus on including healthy habits instead of changing unhealthy ones. Try to eat more vegetables and fruits and do more exercise than you do on weekdays, for example.



2 We're not robots that are designed to run non-stop all the time. Find your happy place on the weekend. That could mean listening to music, spending time with family or gardening.

3 Catch a few extra zzzs. Though it's optimal to have the same wake-up and sleep time daily, sleeping in for an hour or so can help rebuild your energy.

4 Stay balanced. If you slip and eat a cupcake or take an afternoon nap, be OK with that. It doesn't mean the whole weekend is suddenly a wash.

5 Prep for success. An hour on Sunday spent on meal planning and list-making can make your work week healthier and easier. And catching up on some work tasks can ease your Monday workload.



>> For more on healthy living habits, visit www.cdc.gov