



Take the “Routine” Out of Walking

Has your walking routine grown stale? Here are some ways to spice up your daily steps:

Make the Most of Your Walk

- Maintain good posture to lengthen your stride and increase your speed
- Wear clothes that allow for a good range of motion, protect you from the sun, and are reflective
- Engage in “mindful walking” by focusing on your breathing, movement, and surroundings
- Make sure to stretch both before and after your walk

Shake Things Up

- If you normally walk in your neighborhood, try a local park or walking trail as a change of pace
- If the weather is bad, walk at a mall, museum, or other indoor space
- Invite a friend to walk with you when your schedules allow
- Make a bucket list of places you would like to visit someday and plan walking tours for each of them



Visit mylifematters.com

- Take the **MyWellbeing Profile** to evaluate your physical wellbeing and schedule an appointment with a coach
- Join **Togetherall** to connect with others about exercise, fitness, and health
- Visit the **Discount Center*** to save money on gym memberships, exercise equipment and clothing, and park or museum passes

Quick Tips:

- **Walking a dog is a great way to make sure you get your steps in every day**
- **If you use a treadmill, avoid boredom by watching TV or listening to music**
- **LifeMatters can suggest ways to incorporate more walking into your daily routine**

Emotional Eating

Do you frequently rely on food to cope with a bad day or a stressful event? If emotional eating is resulting in weight gain or other health consequences, these tips may be helpful.

Signs of Emotional Eating

- Eating because you need comfort or as a reward
- Wanting to eat even when you don't feel hungry
- Sudden cravings tied to an emotional reaction
- Continuing to eat even when full
- Feeling guilty or ashamed after eating

Ways to Manage Emotional Eating

- Look for patterns in your emotional eating habits (such as bingeing on a favorite food after spending time with a difficult person)
- Find a substitute activity, such as taking a walk or spending time on a hobby
- Avoid purchasing binge foods when you shop for groceries

Get Help If...

- The way you eat is affecting your health
- You are eating until you feel sick
- You feel depressed or anxious either before or after a bout of emotional eating



LifeMatters Resources

- **Schedule an appointment** with a counselor to discuss emotional eating and the feelings associated with it
- Take the **MyWellbeing Profile** on mylifematters.com to evaluate your wellbeing and schedule an appointment with a coach
- Join **Togetherall** to find peer support for emotional eating or food-related health concerns

Quick Tips:

- **Be aware of situations that may trigger emotional eating, such as a stressful event or a difficult day**
- **Portion control is one way to eat a favorite comfort food without over-indulging**
- **LifeMatters can help you cope with the underlying reasons for unhealthy eating behavior**

Save on Back-to-School Expenses

It's back-to-school time! These tips will help you save time and money:

Plan for School Shopping

- Before you go shopping, look through your cupboards and closets to locate leftover school supplies and evaluate wardrobe needs
- If cash is tight, purchase the minimum amount of supplies that will be needed to start the school year (you can always buy more later)
- Sign up for discount programs (often available through an app) at your preferred retail outlets
- Save on school clothes by shopping yard sales and thrift stores
- Encourage college students to buy used books whenever possible

Save on School Lunches

- Keep your child's favorite lunch options in stock by buying in bulk and freezing for future use
- If your child eats cafeteria food, purchase the meal card with the lowest per-meal rate whenever possible
- Use free school breakfast or lunch options when available



LifeMatters Resources

- Call LifeMatters to schedule a **Financial Consultation**
- Access the **Discount Center*** on mylifematters.com to find discounts on back-to-school purchases
- Take the **MyWellbeing Profile** on mylifematters.com to review your financial wellbeing and schedule an appointment with a coach

Quick Tips:

- **Online comparison shopping could save you time and money**
- **If your child brings their lunch, pack items you know they will eat**
- **The LifeMatters Financial Consultation Service can help you create a back-to-school budget**

What to Know Before You Rent or Lease

A lease (or rental agreement) is a legal document that you sign when you rent a house, car, or other piece of property. It outlines the legal rights and obligations of both parties. Before you rent or lease, keep these tips in mind:

Renting an Apartment or House

- Before signing, do a walkthrough to document any damage (confirm if the landlord will make repairs before move-in)
- Determine what expenses (such as utilities) are your responsibility and which are covered by the lease
- If the landlord or a property manager does not live on site, find out what procedures you should follow to schedule repairs
- Invest in renter's insurance to protect your personal property

Renting (or Leasing) a Car

- Inspect the car for damage before getting behind the wheel
- Choose the "bring back full" option rather than paying the rental company's rate for gas
- Before leasing a car long-term, thoroughly review all of your financial obligations and responsibilities



LifeMatters Resources

- Schedule a **Financial Consultation** to review your finances and determine how much home or car you can afford
- Access **Legal Consultation** for help with reviewing a lease or rental agreement
- Use the **Discount Center**** on mylifematters.com to locate rental car discounts and moving services

Quick Tips:

- **Make sure any pre-existing damage is documented before you take possession of the leased property**
- **Don't rush into a long-term lease — if something feels wrong, it is better to look for another option**
- **LifeMatters can help you explore the pros and cons of leasing vs. buying**

Source: Balance Financial Wellness

**The Discount Center is not available in Canada.

1-800-367-7474

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