



Rethink Your Routine: Why Changing Things Up Could Be the Key

Ever feel like you're doing everything "right" but nothing's changing? If you've been putting in the effort, exercising regularly, watching what you eat, and staying consistent, but still aren't seeing the results you want, it may be time to switch things up.

The problem isn't a lack of effort, it's that your body is unique! What works for someone else may not work for you, and what worked for you six months ago might not be what your body needs today. Factors like stress, sleep, lifestyle changes, and hormones all interact differently for each of us.

That's why there's no one-size-fits-all formula for success. Even when you're doing all the "right" things, progress can slow down. A plateau is part of the process. It means your body has caught up with your routine, and the best way forward is to shift your approach instead of doubling down on the same one.

In fact, sometimes the very approach we believe should be helping us can actually be holding us back. For example, doing more isn't always better. It's easy to fall into the trap of thinking that eating less and exercising harder will accelerate progress. But under-eating and over-exercising can actually be a recipe for frustration and burnout. When your body isn't fueled properly or given enough time to rest, it pushes back by holding onto energy, disrupting hormone balance, and stalling progress. Rest, sleep, and recovery are not breaks from progress. They are part of the process that allows your body to adapt, rebuild, and come back stronger.

One reason change matters is that your body thrives on adaptation. When you shift your routine, whether that's by varying your workouts, trying new foods, or adjusting your sleep schedule, you give your body and mind a chance to adapt in fresh ways. This process of adaptation builds resilience, helping you grow stronger, prevent plateaus, and create lasting improvements that go beyond just the physical.

Changing things up doesn't mean starting over or abandoning your goals. It means stepping back, reassessing, and being open to trying a different approach when the current one isn't working for you. Here are some ideas:

- **Switch your workout style.** If you usually do steady cardio, try interval training or strength work. Different muscles and energy systems get challenged in new ways.
- **Rearrange your eating pattern.** If lunch is always your lightest meal, experiment with making it more substantial and scaling back dinner to see how your energy shifts.
- **Change your environment.** Take your walk on a new route, swap the gym for a park, or even just change the time of day you move. A fresh setting can spark new motivation.
- **Prioritize recovery differently.** Add a weekly rest day, try stretching or yoga instead of an extra workout, or commit to an earlier bedtime for a week.
- **Shake up food choices.** Rotate your go-to staple or vegetable. For example, swap chickpeas for lentils or trade your usual spinach for kale. Variety in food fuels adaptation just like variety in exercise.

Instead of chasing quick fixes or comparing your journey to others, focus on tuning into your own body. Ask yourself: *Am I feeling energized, balanced, and supported by my habits? Or am I feeling stuck, drained, or frustrated?*

If the answer points to the latter, it may be time to make a change. Small adjustments can create big shifts over time, but only when they're aligned with what you need.

Your path to progress may look very different from someone else's, and that's exactly how it should be. By focusing on small changes rather than extremes, you'll set yourself up for sustainable success and renewed energy. Lasting results come from tuning into your own body's signals, not following someone else's schedule. Instead of doing more, try doing what's right for you. Sometimes, the real change comes when we stop fighting our bodies and start working with them.

Mix & Match Skillet



Just like changing your routine helps your body adapt and stay strong, flexible meals build variety into your plate. This skillet recipe is designed to let you mix and match vegetables, proteins-rich faves, starches, and flavors so you can fuel yourself in ways that fit your needs today and keep things fresh for tomorrow.

Ingredients: (serves 2-3)

- Vegetables (choose 3-4, about 1 cup each): green beans, zucchini, broccoli, cabbage, onions, bell peppers, carrots, etc.
- Protein rich food: e.g. 1 can garbanzo or other beans, drained and rinsed, or 1 cup roasted shredded chicken
- Starch: 4-6 small potatoes, or ½ cup rice, or ¼ pound of pasta
- 2 tbsp olive oil (or your preferred cooking oil)
- Dash of any combination of the following seasonings: soy sauce*, garlic, ginger, chili flakes, salt and pepper, any spices you like
- optional: ¼ cup of your favorite cheese

*If you are following a low-sodium diet, choose low sodium soy sauce

Instructions:

1. Prep the Ingredients. Wash and chop your vegetables into bite-sized pieces. If using potatoes, leave them whole for boiling.
2. Cook the Starch and Set aside.
 - Potatoes: Boil whole in salted water until a fork slides in easily, and drain
 - Rice or Pasta: Cook according to package instructions.
3. Sauté the Vegetables. Heat olive oil in a large pan or wok over medium-high heat. Add the vegetables and stir-fry for 5–7 minutes until they start to soften and lightly brown.
4. Stir in beans or chicken. Cook for 2–3 minutes until heated through.
5. Season to Taste. Add your favorite spices. Toss everything until evenly coated and fragrant. (optional sprinkle cheese on top)
6. Serve your creation alongside your cooked starch for a complete, balanced meal.