

# Your Go-To Guide for Seasonal Wellness

## Expert Tips to Support Your Daily Routine

with DJ Blatner, RDN, CSSD

According to Registered Dietitian Nutritionist Dawn Jackson (DJ) Blatner, it's a good practice to check in with yourself every season to assess how you are feeling, what's working, and what's not. The wellness strategies that work for you during the spring or summer aren't necessarily what your mind, body, and soul need in the fall or winter. While seasonal wellness is a personalized journey, choosing trusted products that can be part of your seasonal routine is so important to keep you feeling good and healthy.

Here are DJ's six powerful self-care steps for optimal seasonal wellness, especially during these uncertain times.



DJ Blatner (@djblatner) is a registered dietitian nutritionist and certified specialist in sports dietetics. In addition to the Flexitarian Diet, she also authored *The Superfood Swap* (2016). She starred in (and won!) the hit primetime reality TV show on ABC called, *My Diet Is Better Than Yours*. DJ worked as the head dietitian for the Chicago Cubs for 10 years (yes, she does have a World Series ring). She was a former national media spokesperson for the Academy of

Nutrition & Dietetics and hosted a reality-style TV show called *S.E.E. Chicago* for three seasons. DJ is on the advisory board of *SHAPE* magazine and is a celebrity diet consultant for *PEOPLE* magazine. She is the creator of the Nutrition WOW blog, ranked top nutrition blog by *Health* magazine, and she is a trusted expert appearing regularly in local and national media outlets such as *The Today Show* and *Good Morning America*.

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## ADD MORE SEASONAL COMFORT FOOD

This doesn't mean stocking traditional mac and cheese here. Clean out what no longer serves your wellness goals from your kitchen cabinets and stock up on your favorite wholesome, yet craveable staples. Our cravings change with each season so honor more seasonal produce and warm, hearty health foods. For example, one of DJ's breakfast favorites is a warm bowl of simple rolled oats with toppings like **NOW Real Food® Manuka Honey**, seasonal fruit, and a variety of nuts and seeds.



## TAKE STOCK OF SEASONAL SUPPLEMENTS

Just like your food choices, your nutritional supplement choices should vary with the seasons as well. Immune support products are now more important (and more popular) than ever. Try new **NOW® Eldermune™**, a potent blend of the functional ingredients elderberry and vitamin C, to support immune health.\* As always, before starting or switching up a supplement routine, Blatner recommends speaking with a physician or healthcare provider to create a safe and personalized plan. Check out more immune-supporting supplements [here](#).



## BRIGHTEN UP YOUR FALL BEAUTY ROUTINE

Vitamins aren't just for internal nutrition. Clean beauty products that focus on functional ingredients can help brighten and moisturize the skin, especially important in the fall. Your skin is the body's largest organ and needs nutrition too. DJ recommends adding functional beauty products, like **Vitamin C & Ferulic Acid Serum**, to your daily routine to fight the signs of aging with antioxidants.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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## SHIFT WHAT MAKES YOU SWEAT

A new season is the perfect time to change up your fitness routine to avoid workout fatigue or boredom. If you've been doing more high intensity workouts at home, consider shifting gears to focus on slower movements that still add strength, like Pilates or power yoga. Shaking things up can give you a renewed sense of accomplishment from tackling something new, but the most important thing is to choose activities you enjoy and that make you feel good. Check out a variety of at-home, full-body workouts created by NOW's partners and ambassadors [here](#).



## STAY HYDRATED WITH SEASONAL FLARE

Here it is: that obligatory wellness tip to stay hydrated! So let's get real for a minute, it is still very important to stay hydrated during drier, colder months, especially when you are active. Just because you might not sweat as much when it's colder outside, doesn't mean you don't need to replenish hydration stores. DJ recommends personalizing plain old water with NOW® Sports **Efferv escent Electrolyte** drink tablets in the flavor of your choice. And add seasonal flare to hot drinks and hydrating smoothies with a flavor boost like **Organic Pumpkin Spice Monk Fruit**, a zero-calorie liquid sweetener.



## PRACTICE "BREATHWORK"

Entering a new season potentially means new types of stressors. Find simple ways to calm your mind and focus, like drawing attention to your breath. Take in a deep breath for ten seconds through your nose, hold for two seconds, and release for 12 seconds, repeating this at least five times for maximum Zen. Make it a practice to do breathwork every morning or evening or really any time of day when you need a moment of focus (and to recover from the news). If it helps, grab your favorite essential oil to diffuse , such as **lavender** for relaxing or **peppermint** for energizing.