

# Cut Time Out of Your Routine

Life is busy. Maybe you're a full-time parent getting ready to send the kids back to school, or a young professional balancing two jobs. No matter your situation, try these time-savers to help add extra time to your day and eliminate some stress.



## Meal Prep

Meal prep means planning and preparing the week's meals in advance to save time and money and eat healthier, portioned meals.

### Apps to Help You Plan:

MealBoard  
Mealime  
Paprika  
PlateJoy

## Grocery Delivery

Add items to your online cart, then have them delivered in as quick as an hour. You pay extra for the convenience, but cut back on inevitable in-store impulse buys. Can't be home for pickup? Select a service that uses insulated containers.

### Stores with Delivery:

Costco® Wholesale  
Walmart

### Websites with Delivery:

AmazonFresh®  
Innabuggy  
Instacart

## Community Supported Agriculture (CSA)

Fresh, seasonal produce is delivered to your home, or you can pick it up at a designated location. In addition to fruits and veggies, some CSAs include items like eggs, honey, maple syrup, salsa and even flowers.



Michelle McFarland

*Michelle McFarland*  
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Exit Realty Group  
Sales Rep.  
100 Bell Blvd  
Suite 200  
Belleville, ON K8P4Y7  
613-885-4361



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# What to Do With Your Extra Time?

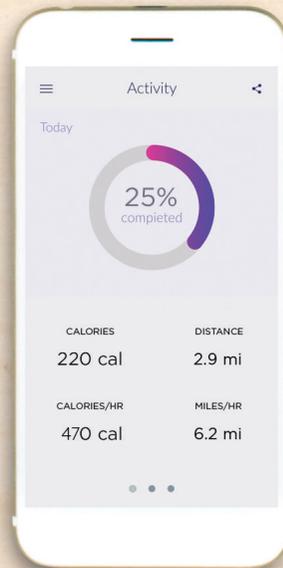
When things get busy, our personal plate is typically the first one to drop. Use the time you shave off your current routine to do something for yourself! You'll feel more fulfilled and well-rounded when you add in one of these activities.

## Take an Online Course

Sharpen your business skills, take a deep dive into photography or earn a new certification in your field.

### Websites for Online Learning:

LinkedIn Learning  
Masterclass  
Udemy



## Online Workouts

Access 10 to 30 minute workouts through Facebook videos, YouTube or an app.

### Workout Apps:

Asana Rebel  
Daily Yoga  
Gixo  
Nike Training Club  
Sweat

## Join a Group Fitness Class

Yoga, Pilates, cycling, cardio dance and other group fitness classes are a fun way to invest an hour in your mental and physical well-being.

## Pick up a Hobby

Identify an activity you've always wanted to try, but never had time to actually pursue. Start a garden in your backyard, learn to play piano or pick up a paint brush — the world is your oyster!