

Wellness Wednesday



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'Backwards Beach Days' Could Be A Game Changer For Your Summer Vacation

A mom with young kids coined the term, but the concept will appeal to people of all ages.

Going to the beach with little kids often isn't all that relaxing for parents. But this one change to your approach can make it far more enjoyable for parents and kiddos alike.

Kelsey Pomeroy is a content creator in Kansas City, Missouri, and mother of two who has started doing "backwards beach days" when she vacations with her 4-year-old and 1-year-old. The basic premise is this: Instead of hitting the beach in the morning like most families do, they wait until the late afternoon after her kids have woken up from their naps.



She now considers herself a "p.m. beach person." "This realization has actually made me like going to the beach with small children," Pomeroy said in an Instagram Reel explaining the concept that has racked up almost 2 million views since she posted it in February.

Growing up, Pomeroy told us that her family's beach days would go like this: Eat breakfast, head to the beach for the day, come home before dinner to shower and get ready to go out to a restaurant. But after becoming a parent herself, she discovered "that is the literal opposite schedule that works for little kids."

Pomeroy decided to switch things up so she could actually enjoy the beach with her sons. In the mornings, they now do quicker and easier activities like the pool or the park followed by an early lunch at a restaurant. Then they put their kids down for their naps. After they wake up, they head to the beach around 3 or 4 p.m. for a few hours. Dinner is a sunset picnic on the beach.

She swears by this schedule for a few reasons. For one, restaurants are less crowded (and less expensive) at lunchtime, and young children tend to do better eating out earlier in the day. "I will do anything to avoid 6 p.m. dinner with tired kids," said Pomeroy.

The beach is also less packed in the late afternoon and early evening when a lot of folks have gone home for the day. Plus, the UV index is lower at this time, and you don't need to bother with setting up an umbrella.

If your toddler struggles with transitions, there's yet another upside of a p.m. beach trip.

"For little kids who have a hard time ending an activity, they can visibly see the sun going down, like, it is bedtime," Pomeroy said. "That's a very easy way to walk away."

It's also a fun but low stimulation activity to tire kids out and helps them wind down for the night, she added.

"We just leave the beach, get them washed up and put them straight to bed," Pomeroy said. "And they're already fed."

John Marshall is the father of four kids between the ages of 2 and 14. He called the backwards beach day concept "marvelous."

"Having a wife that is very sun-conscious, we do try to limit sun exposure, and the backwards beach days concept simplifies it without losing any part of the beach experience," said Marshall.

"Also, it allows families to engage in sights that are normally not so crowded during summer days, such as aquariums and museums, since everyone is at the beach. Having a family of six, we prioritize minimizing commotion, and being out at a beach full of other people is not how we visualize a good time."

The backwards beach day was conceived with parents of young kids in mind, but it's a great idea for anyone who wants to stay out of the sun, avoid overstimulation and large crowds, and save some money, too, Pomeroy said.

That said, a backwards beach day may not be right for every family or every beach location. For example, if you plan to go in the water with your kids, then you should do so when there's a lifeguard on duty (if that's an option at your beach) or during times of better visibility. Pomeroy's kids generally play in the sand and on the edges of the water, but they don't go in the ocean, so it isn't an issue for them.

For kids who are old enough to question why you're doing things differently than other families, Marshall said he'd share the reasons and use it as a teachable moment.

"Let them know not all drummer's beats are the same and you and they are creating your family tradition and culture," he said.



CHICKEN BURGER

284 Calories | Serving: 1 bowl | Prep: 5 mins | Cook: 10 mins | Total: 15 mins
YIELD: 5 servings | Course: Dinner, Lunch | Cuisine: American



INGREDIENTS

- 1½ pounds ground chicken
- 1 cup finely chopped fresh spinach
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried thyme, mixed Italian herbs, or sage
- ½ teaspoon paprika
- 1 teaspoon kosher salt
- Freshly ground black pepper
- olive oil spray
- 5 low-calorie hamburger buns, toasted
- Optional toppings: sliced avocado, mayonnaise, ketchup, mustard, lettuce, sliced tomato, raw or sautéed onions

These moist and juicy ground chicken burgers are perfect on a bun with all the fixins, in a lettuce wrap for a carb-free meal, or in a bowl for meal prep!

Are chicken burgers really healthier?

Chicken burgers are healthier than beef burgers since they are lower in calories and saturated fats and have plenty of protein. Plus, these juicy chicken burgers have spinach as their secret ingredient, which make them moist while adding fiber, vitamins, and minerals.

Nutrition Information

Serving: 1 burger, Calories: 284 kcal, Carbohydrates: 19 g, Protein: 27.5 g, Fat: 3 g, Saturated Fat: 2 g, Cholesterol: 117 mg, Sodium: 487.5 mg, Fiber: 3 g, Sugar: 2 g



INSTRUCTIONS



1. In a large bowl, add the chicken, spinach, garlic powder, onion powder, thyme, paprika, salt, and pepper. Using your hands, mix the ingredients until combined and form into 5 flattened patties.
2. Heat a large sauté pan, griddle or grill pan over medium-low heat. Spray with oil and place the patties in the pan.
3. Cook the burgers for 4 to 5 minutes on each side, or until lightly golden and cooked through.
4. Place a patty on each bottom bun, add any of your desired toppings, and then top with the second part of the bun.

Notes

*Note: You'll get a super tender patty with even more flavor in each bite by visiting your spice drawer. Feel free to add a teaspoon of any spice you love, such as harissa, Italian herbs, smoked paprika, or chile flakes.

TO ENJOY LATER

The cooked burgers can be cooled and refrigerated up to 3 days. To rewarm, microwave for 30 seconds, or place in a saucepan over low to medium heat for 1 to 2 minutes on each side, or in an air fryer at 350°F (175°C) for 2 minutes, or until warmed through.

FEATURED EXERCISE

https://www.self.com/gallery/plank-exercises?utm_source=nl&utm_brand=self&utm_mailing=SLF_Daily_070721&utm_campaign=aud-dev&utm_medium=email&bxid=5d0072053f92a413ce4c54f1&cnid=38730064&hasha=b86aca1880cd1361a60ad46a4199bc76&hashb=4f2e6e2a491ddcad426e05688a4d8c9429666d7f&hashc=edae58a7556ff0b97806fee288c04319e995114d8050c597dd2023eacf8c77ad&esrc=AUTO_OTHER&utm_content=A&utm_term=SLF_Daily_GenericOpens

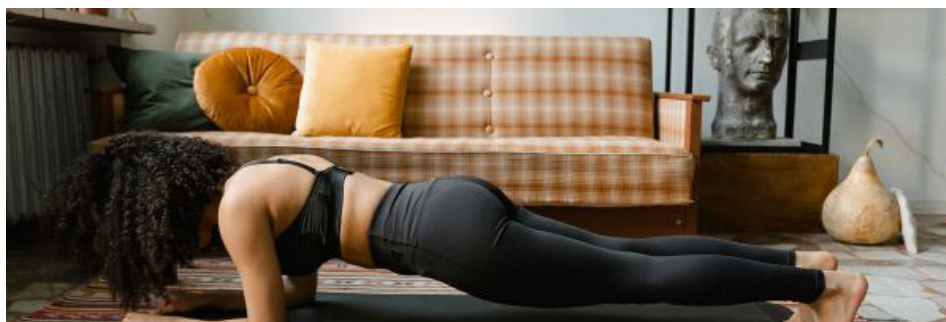
Featured Exercise ► Plank Up-Down

» Do it:

If you're just starting to exercise, planks will help you build strength. But after a certain point, their primary function is to build and maintain stability in your core and shoulders.

As you move, keep your hips as still as possible so they're not swaying from side to side. To make this easier, try widening your legs a little more.

- Lie faceup with your knees bent and feet flat, holding a kettlebell with both hands at your chest. This is the starting position.
- Using your abs, lift your body up until you are sitting upright, back straight. At the same time, press the weight overhead, extending both arms until your elbows are straight.



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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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IS LETTING EVERY
SITUATION BE WHAT IT IS,
INSTEAD OF WHAT YOU
THINK IT SHOULD BE."