

Strong Minds, Strong Bodies

The Daily Family Playbook, with Dr.
Gabrielle Lyon, Founder of Muscle-
Centric Medicine®

INSPIRE HEALTHIER INDIANA BACK-TO-SCHOOL 2026

As summer break gives way to the school year, there are a few simple habits you can use to keep kids focused, energized, and performing at their best. Here is the family fitness playbook for Indiana this fall, grounded in Dr. Gabrielle Lyon's Muscle-Centric Medicine®.



1. FUEL FOR FOCUS

Breakfast:

20–30g of protein (eggs, Greek yogurt, a protein smoothie) to prevent mid-morning brain fog.

Snacks:

Whole food snacks (turkey roll-ups, string cheese, apple slices with nut butter, or hard-boiled eggs) to keep hunger at bay.

Dinner:

Build every plate around protein (chicken, beef, fish, or eggs), plus vegetables and complex carbs (ex. potatoes, brown rice, fruit).

2. AGE-APPROPRIATE MOVEMENT



Ages 5–9 Elementary

Balance & coordination through play

- Animal walks: 5 min
- Partner push/pull games (box pushes, tug-of-war): 5 min
- Tag, hopscotch, obstacle course: 10 min

Ages 10–13 Middle School

Learning proper mechanics

- Bodyweight squats: 3 x 10–12
- Incline push-ups: 3 x 8–10
- Plank hold: 3 x 20–30 sec
- Outdoor cardio: 15 min

Ages 14–18 High School

Building strength & resilience

- Goblet squats / lunges: 3 x 10–12
- Push-ups / pull-ups: 3 x 8–12
- Core circuit: 3 rounds
- Daily exertion or team sport: 30–45 min

3. HABITS TO MAINTAIN FOR LIFE



Model the Movement

Kids mimic what they see. Make family walks or backyard workouts part of your daily routine.

Hydrate First

Dehydration leads to afternoon fatigue, so keep a water bottle close by on school days.

Prioritize Sleep

Muscle and brain recovery happen overnight. Keep bedtime consistent on both weekdays and weekends.



Dr. Gabrielle Lyon • Muscle-Centric Medicine® • drgabriellelyon.com • [@drgabriellelyon](https://twitter.com/drgabriellelyon)
In partnership with INspire Healthy Families • inspirehealthyfamilies.com



The information provided in this document is for general informational purposes only and is not intended as medical advice, diagnosis, or treatment. It is not a substitute for professional guidance from a qualified healthcare provider who is familiar with your individual medical history. Nothing in this content constitutes the practice of medicine or other healthcare services, nor does it establish a doctor-patient relationship. Always consult your physician or a qualified healthcare provider with any questions regarding your health, and do not disregard or delay seeking medical advice based on information provided here.