

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

Spring Into ACTION



As the snow and ice begin to melt, it is time to take advantage of the slightly longer days and warmer temps to spring your exercise routine into action.

Get your routine in high gear with these ideas.

Do you ever fantasize about running? Make it a reality. Search the Internet for Couch to 5K training programs. These programs have you start slow and build up to running a 5K! How cool would that be?

Is walking more your speed? How about the 3-day Breast Cancer Walk? Train with a friend. What an amazing way to get in shape.

The **sum** of the whole is this:
walk and be happy; **walk** and be healthy. The best way to lengthen out our days is to walk **steadily** and with a **purpose.**"

-Charles Dickens

Make family time about fitness—walking, biking, swimming, hiking...anything that is movement.

Join an amateur league—baseball, softball, soccer, basketball. Why not?

Discover the parks in where you live. Make a listing of all of the parks and nature trails in your area and make it a point to walk the each of the trails at least once this season.

Biking? Easy on the joints, fairly inexpensive and you know what they say, "once you learn to ride, you never forget". So, no matter how many years that it has been, give it a try.

Get a zoo pass and make several trips this season.

Plan vacations around activities. Rather than soaking up the sun or other sedentary vacation activities, plan an action packed vacation—hiking, biking, walking, canoeing, or swimming.

Ever want to learn golf or tennis? Spring is the perfect time to sign up for lessons or just go hit some balls around for fun.

Spring cleaning, home improvement, washing your car, planting, mowing, mulching, and sprucing up are all forms of activity. Get a sense of accomplishment to go along with the sore muscles.

Add some fresh new tunes to your iPod or download a book to listen to while you walk—notice your pace pick up when a upbeat song plays or wanting to walk longer to finish the chapter.

Whatever it is, get out there and spring into action this year. Use the tool of bariatric surgery and a new lifestyle to reach your weight and health goals.