

HEALTHFUL TIPS

Add a little *Spring* to your Health

Spring is the season of new beginnings. It's the time to clean up, get organized, and start new healthy habits that go with the freshness of the season. Here are some timely tips to get you started.

Longer days and warmer temperatures make the perfect combination to get outside and move. Grab your dog, your kids, your neighbor or go solo, but take advantage of the mild weather to increase your outdoor activities.

The spring season is ripe with a variety of fresh fruits and vegetables. Low in calories, bursting with vitamins, minerals, fiber and flavor, fresh fruits and vegetables are nature's health foods. Look for a local market to get the freshest produce. Shoot for several servings each day.

Schedule a massage. You'll reduce stress and pain while improving flexibility and mobility.

Drink water throughout the day. Don't wait until you feel thirsty—at that point dehydration is

already starting to kick in. Keep a water bottle with you at all times.

Clean out cupboards and refrigerator of expired foods and those not-so-healthy options that somehow found residence in your home. Then be sure to stock up on healthy options.

Schedule all of those health check-ups you've been putting off—dental cleanings, well-visits and recommended periodic tests.

Stock up on sunscreen and sunglasses. Now that you're outside more, you need to protect your eyes and skin from the harsh rays of the sun.

Think eggs—or even better, egg whites. There are many fast, easy, inexpensive, healthy meals to make with eggs. Add fresh veggies to make a delicious omelet. How about adding salsa, avocado and black beans to your omelet for a south-of-the-border treat? Hard boiled, scrambled, over easy or any way you like them, eggs are a great source of protein. Egg whites or egg substitutes are an even better nutrition value—high in protein with super low calories.



Now that the weather isn't keeping you tied to the house, make plans to visit with friends and family. Strong relationships are an important part of good health.

Change those pillows if they are more than 2 years old. Dust and allergens build up over time. Hopefully, your head is on that pillow for about 8 hours a night; you want to be sure it is clean and healthy.

Spring clean. Donate unused items. Reduce clutter. Clean out files. Get rid of dust in all the hard-to-reach areas of your house. You'll be more organized and breathe cleaner air.