

HEALTHFUL TIPS

Connect to Spring Energy

Spring is the season of re-birth, new beginnings, and new opportunities. Watching the robins return, buds start to form on the tree branches and little patches of green grass pop up, it's easy to be enthusiastic. Use that enthusiasm to kick start a new clean eating program, exercise routine, stress management exercises, or training for a summer 5K run. Use these tips to get you connected to spring's high energy.

Get out and experience nature up close. Take a walk in a park, relax on a fallen log, bird watch or sit on your deck and watch a sunrise, sunset or puffy clouds roll across a blue sky. Feel and watch the earth's renewal and use that as an inspiration to move forward with your own personal renewal.

Shop the produce aisle and stock up on a variety of fresh vegetables and fruits. Add these to your lean protein sources as a basis for your diet. Eliminate highly processed foods and minimize meals eaten out. Keep this goodness going all day by packing your lunch and snacks and taking them with you.

Let your energy bloom as you take advantage of the warmer springtime air to get outdoors and start a purposeful exercise program. Are you looking for more energy, preparing for summer activities, wanting to shape up or get your weight loss back on track? Set some easy goals first to build your confidence and then go from there.

Plant seeds of positivity to change the way you think and behave. There are problems and negativity all around us of which we should be aware, but we can



You cannot have a
POSITIVE LIFE
and a negative mind.

Joyce Meyer

choose to keep our focus on the positive. To start, look for the positive in each person you meet today—yep, the negative will jump out at you first, but choose to focus on the positive aspects of that person and then take it a step further and make the decision to accept them for who they are (not who you'd like them to be) at this moment in time (flaws and all).

Cold weather has a tendency to make us bunch our shoulders up—it's time to help those shoulders slide down where they belong. Yoga, deep breathing, meditating, and mindfulness (being fully present in each moment) can all help relax them back into place.

Renew your mind by taking a class, researching something of interest, playing a new game, reading a thought-provoking book, or doing something brand new—stretching your capacities.

Connect with the energy of the season to springboard your health and wellness initiatives. You'll be well on your way to a healthier you before you know it.

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