



Live Well, Work Well

Health and wellness tips for your work, home and life.



5 HEALTH TIPS FOR SPRING

Spring officially begins in late March, and this can be a great time to create new healthy habits. With the extended daylight hours and warm weather, this season can make it easier to access fresh produce, outdoor exercise and sunlight. All of these elements of spring align with healthy practices, whereas in winter months, these resources are more difficult to access due to limited sunshine and warmth.

Take advantage of the season by using these benefits to improve your overall wellness.

Spring Health Tips

If you're looking to kickstart healthy habits this spring, check out the following suggestions:

1. **Eat healthy foods.** Spring is a perfect time to try healthy foods such as freshly grown fruits and vegetables your body needs. With the warmer weather, many fresh-grown fruits and vegetables are more readily available, as they're in season. Other foods to incorporate into your diet include whole grains, lean meats and low-fat dairy products. Attempt to make at least half of your plate fruits and vegetables.
2. **Stay hydrated.** As warmer weather begins, you're more likely to lose water as you sweat during outdoor activities. Therefore, it's important to stay adequately hydrated in order to prevent dehydration, which can cause fatigue, low energy and headaches. To stay hydrated, try keeping a water bottle with you throughout the day.

3. **Spend time outside.** Spending time in the sunlight provides benefits such as the release of serotonin, which can help boost your mood. It can also help your body produce vitamin D, which is good for bone health.
4. **Prioritize exercise.** Health experts recommend getting at least 30 minutes of physical activity per day. With more sun and warm weather, this is a great time to get outside to walk, run or hike.
5. **Practice sun safety.** As the weather becomes warmer, the ultraviolet index increases. This makes it important to practice sun safety, such as applying sunscreen and wearing sunglasses.

Summary

With warmer weather on the horizon, spring provides a great time to focus on building healthy new habits and prioritizing your well-being.