

# Spring Cleaning for your Health

- With the weather getting nicer, aim to spend time outdoors every day! This can improve your overall mood and health, too.
- Snack on nutritional and seasonal fruits and veggies. Avocados, bananas, spinach, apples, mushrooms, asparagus and pineapples are all coming into season this spring!
- Try a new exercise regimen or location. Yoga in the park, a run by the lake, and biking on the bike trails are all great ways to get moving in a new setting this spring!
- Set aside 5 minutes each day to destress and relax without any distractions.