

# 5 Top Tips for a Healthy Spring

## Renew and Revitalize Yourself with Healthy Choices

*Spring feels like a new beginning and a fresh start. Let the regenerative powers of sunshine, warm weather and more sunlight restore you and inspire you to spring-clean your world. If you have “fallen of track” there is no time like spring to refocus yourself and your family toward making healthy choices so you can enjoy the seasonal changes that come with the longer days*

### Try these simple ways to jumpstart your spring cleaning.

#### 1. Start moving!

Take advantage of a warm spring weekend to rethink your attitude toward getting active.

We’re not talking about going to the gym to exercise or dusting off the treadmill. What we mean is take advantage of the outside temps to re-discover a fun activity or sports you used to enjoy, like hiking, bike riding or swimming (one of the best activities you can do for your overall health)

#### 2. Rethink your diet

Maybe you did the IHC program a while back and let things slide since COVID or over the winter? You can dig out your manual and follow this program OR just make sure you’re getting a **balance** of nutrients & foods. Keep your food choices simple & varied. Choosing whole, unprocessed foods (no labels 😊), and reducing or eliminating added sugars and portion sizes will improve your nutrition.

To reduce sugars, scan ingredients on packaged foods and choose those with little or no sweeteners, including corn syrup, evaporated cane sugar, dextrose and fructose. Bolster your meals and snacks with more raw foods, such as raw nuts, broccoli and zucchini along with lots of fresh fruits.

We love going to the farmers market this time of year. Supporting local farmers while getting better prices than at the grocery store and making healthy choices is a triple win!

An easy way to make sure you are loading up on fiber, vitamins and other nutrients is to enjoy spring’s bounty of colorful fruits and vegetables. Include three or more colors in each meal, and one or two in snacks. Try scrambling eggs with spinach and red bell peppers; don’t forget to add raspberries and oranges to green salads.

#### 3. Schedule time for yourself

Time alone helps you recharge and replenish your energy. Schedule some “me” time every day and make it a priority, just as you would a doctor’s appointment or picking up the kids from school.

What you choose to do doesn’t have to be complicated. Try soaking in the tub with a good book, enjoying a morning cup of coffee, taking a walk or puttering in the garden.

If it doesn't work for you, try something else. Think about what clears your mind and makes you relaxed and restores your sense of balance. If it doesn't fit with your lifestyle, it will not be easy to consistently repeat. Make it an easy habit 😊

#### **4. Do a digital detox**

Don't let phones, laptops and tablets distract you from living your life. Rather than trawling social media, check out new activities or hobbies that might interest you, whether that is a new sport, volunteering, or a craft. Time away from technology can help you feel more productive and boost your mood.

#### **5. Check your medicine cabinet**

Chances are, if you open your medicine cabinet, you'll find some old prescription bottles or over-the-counter medications that need to be tossed.

Examine everything in your cabinet, including ointments, supplements, and vitamins, and discard any item that is beyond its expiration date or is more than a year old. Make sure to dispose of medications in a safe manner by removing personal information from the bottle and mixing the drugs with something unappealing like coffee grounds. Then seal in a plastic baggie and throw away.

Almost all medicines can also be safely disposed of through medicine take-back events, mail-back programs, and collection receptacles at a local pharmacy. Please do not throw them in the garbage or flush them. Not only does this pose an environmental threat, but it puts them at risk of getting into the wrong hands. Prescription medication that's thrown in the garbage can get into the wastewater stream, and purification plants can't always remove every chemical present in this water

Harnessing the power of spring to renew and revitalize your life can help pave the way for months of enjoyment with friends, family and yourself.

