

# Living Well

## Steps to LivingWell

*April 2021*

Spring is a time of new growth and warm weather. After spending the winter indoors, you may yearn to hear birds sing and see flowers blooming again. In fact, fresh air and sunshine have been proven to contribute to good health—both physically and mentally. Many doctors recommend spending some time outdoors each day so the body can generate Vitamin D. Here are some simple spring activities to enjoy:

- **Take A Walk :** Enjoy a short walk along a paved path so you can enjoy the budding flowers and watch for wildlife. Keep in mind that even if you only walk a short distance, take your time and take pleasure in the experience.
- **Garden:** While it may not be possible for a large garden, consider planting a flower or vegetable plant in a patio pot, or even on a windowsill. Herbs are usually easy to grow.
- **Feed the Birds:** Install a bird feeder or bird house where you will be able to watch the birds from inside.
- **Attend Virtual Programs:** A good time to virtually socialize with others within your community is by signing up for the myriad programs and concerts that are available online.

In preparation for spring, it may be wise to stay active in your exercise routine so you have the strength to enjoy the outdoors. If you have been sedentary throughout the winter season, you may want to exercise now prior to taking a walk outside.

Spring has definitely arrived, and with it, the characteristic springtime feelings of hope and levity. Enjoy the new season with your loved ones

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