



# Springtime is Here

## Let the Physical Activity Begin!

Longer daylight hours and warmer temperatures mean a revival of outdoor physical activity! If you have been less active than you wanted to be throughout the winter, this is the perfect time of year to 'jumpstart' a more physically active you.

The words "regular exercise" should not be feared or thought of as endless stationary-biking or grueling hours on a treadmill or at a gym. Springtime allows a renewal in outdoor activity, and is the ideal time of year to start a physical activity such as walking.

Exercise or physical activity should be enjoyable - something that you love to do. With a little creativity, almost any physical activity can be turned into exercise. Physical activity really means: getting up and moving your body every day so that circulation is increased and breathing is deeper.

### Benefits of regular physical activity include

- Increased circulation;
- Improved strength, endurance and flexibility;
- Enhanced energy level;
- Decreased effects of stress on your body;
- Improved mental and emotional health by reducing stress and relieving anxiety and depression.
- Physical activity plays a vital role in promoting overall wellness.



### How Can You 'Jumpstart' Physical Activity This Spring

- Physical activity may include structured activities such as walking, running, basketball or other sports.
- It may also include daily activities such as household chores, yard work, walking the dog or dancing and playing with your children.

If you have been inactive, start slowly and work up to 30 minutes a day (on most days of the week) at a pace that is comfortable for you.

If you are unable to be active for 30 minutes at one time, accumulate activity over the course of the day in 10- to 15- minute sessions.

## Get Started

- Take a brisk walk around the block with family, friends or coworkers.
- Rake the leaves or do spring cleaning and other household chores.
- Walk up the stairs instead of taking the elevator.
- Mow the lawn using a push mower.
- Take an activity break at work or home. Get up and stretch or walk around.
- Park your car farther away from entrances to stores, movie theaters, the office or your home and walk the extra distance when it is safe to do so.



**Find what works best for you, build upon your success and most importantly enjoy what you do!**

