



## Spring Clean Your Health Routine

As the weather gets nicer, it is a great time to take advantage of the longer days and sunshine. It is also a great time to take your exercise activity outside and get some fresh air.

Exercise is an important part of having a healthy lifestyle and Spring is just the time to reboot your activity. Exercising is crucial as it helps regulate your weight and your mood, increases brain function and attention, increases muscle strength, and decreases the risk for certain diseases, such as heart disease or high blood pressure.

Exercising outside has even more benefits. According to Ryan Glatt at [Pacific Neuroscience Institute](#), being outdoors during physical activity leads to greater energy. Being out in nature can lower stress levels and maintain a sense of calm.

[Community Care Physicians](#) notes that adults do 150 minutes of moderate aerobic activity a week. While this may seem like a lot, there are many ways to achieve this by integrating activity into your daily routine. Here are some suggestions:

- Spring cleaning- Organizing your space for the new season can be fun and beneficial to your health
- Walking instead of taking your car-If something is a short distance, get your steps in and walk. Ensure the route is safe.
- Jogging-Going for a jog is great for your heart and mental health
- Biking-This works multiple muscle groups and is a great cardio activity
- Gardening-Spending time in your garden allows you to be surrounded by nature and get in some physical activity

Be sure to schedule time for your physical activity in your calendar so it does not get pushed aside or forgotten. If it is hard to get started, invite a colleague, friend, or family member. Make the most of the nice weather and spring clean your health routine.