

7 Tips for a Healthy Spring Season: From Exercise to Allergy Management



Spring is here, and it's the perfect time to rejuvenate your health routine. Longer days and warmer weather can inspire a fresh start, so take advantage of the season to make healthy choices for yourself and your family. Here are some tips to help you stay healthy and active throughout the spring season:

1. **Exercise regularly:** Aim to get at least 150 minutes of moderate-intensity physical activity every week, along with two days of muscle-strengthening activities. This can include activities like brisk walking, cycling, dancing, swimming, or yoga. Not sure where to start? Check out some online resources like the Nike Training Club app or Fitness Blender for workout ideas.
2. **Eat a balanced diet:** Make sure your diet includes a variety of healthy foods such as fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Reduce your sugar intake by swapping processed snacks for whole foods like nuts or fruit. Try some new healthy recipes, like these zucchini and feta fritters or this quinoa and black bean salad.
3. **Stay hydrated:** Drink plenty of water and substitute sugary and alcoholic drinks with water to reduce calorie intake and stay safe. Jazz up your water by infusing it with fresh fruits like strawberries or citrus.
4. **Wear sunscreen:** Protect your skin from harmful UV rays by wearing sunscreen every day. Opt for a broad-spectrum sunscreen with an SPF of 30 or higher. If you're planning on spending time outside, choose a water-resistant formula and reapply every two hours.

5. Get enough sleep: Aim for at least eight hours of sleep per night to help your body recover and prepare for the day ahead. Create a relaxing bedtime routine by reading a book, taking a bath, or practicing meditation or deep breathing exercises.
6. Manage spring allergies: If you're prone to seasonal allergies, avoid pollen by staying indoors on dry and windy days, and wear a mask when you're outside to protect yourself from allergens. If over-the-counter allergy medications aren't cutting it, talk to your doctor about prescription options or immunotherapy.
7. Seek care promptly: If you test positive for COVID-19, seek medical treatment by calling 1-628-228-2828 to schedule an appointment with a physician at Chinese Hospital & Clinics, or schedule a virtual visit at Sesame Care by calling 1-855-780-3855 or visiting sesamecare.com/covid.

By following these tips, you can make the most of the spring season while staying healthy and happy. Remember, small changes can add up to big results, so start small and build from there. Cheers to a happy and healthy spring!

Disclaimer: It's important to note that these tips are not intended to replace advice from a healthcare professional. If you have concerns about your health or medical conditions, consult with your physician before making any significant changes to your routine.**Disclaimer:** It's important to note that these tips are not intended to replace advice from a healthcare professional. If you have concerns about your health or medical conditions, consult with your physician before making any significant changes to your routine.