

It's time to Spring into a healthier, active lifestyle. After the long, cold winter, you just may feel inspired to make some healthy changes. Here are a few ideas to get you on your way:

- Visit your health care provider. Get your weight, blood pressure, and glucose and cholesterol levels checked. Your provider can also recommend other preventative tests. Get your eyes tested and see your dentist if you haven't been for the last six to nine months. Consider having your hearing checked.
- Go for a walk. For health, walking is one of the best physical activities for older adults. Walking can help to control blood sugar, support bone and heart health, and improve sleep. Make sure to wear supportive and comfortable shoes, as these can help reduce falls.
- Take an exercise class like Fit and Fall Proof which can help improve your balance and flexibility and decrease your chances of falling.
- Get outside and garden. Gardening can bring a multitude of health benefits including boosting your Vitamin D which in turn can help reduce the risk of bone problems and fractures. Gardening can also help on an emotional level. Getting outside and breathing fresh air, listening to birds chirp, feeling the warm sun on your face can be as calm and relaxing as an hour of meditation. On a physical level, digging, planting and weeding can improve strength, flexibility, and agility.
- Lighten up your diet. Many healthy fruits and veggies come into season in spring and it is a perfect time to replace heavier winter meals. Consult with your health care provider before changing your diet and exercise plan.
- Drink lots of water. As we age, our ability to notice thirst may decrease so it is important to be mindful about water intake each day. Dehydration can affect memory and concentration and increase fatigue. It can also lead to an increased risk of falls.
- Dress for weather. When the sun is shining brightly, always wear sunglasses or a wide-brimmed hat to protect yourself from ultraviolet rays. On cooler or windier days, protect yourself with a sweater or jacket.

