

# Spring clean your mind, body and spirit

Spring is the perfect season for eating healthier, being more active and for spending more time outdoors. Here are some ideas on how to take advantage of the good things that spring offers.

## Get Moving

The first week or so of a new fitness regime can be really hard, but it becomes easier as you progress. Before you know it you'll be jumping out of bed ready for anything.

You'll notice you have more energy and feel happier. Your body will slowly start to feel stronger and more shapely. Look for the small changes in your body to keep you motivated, like the improvement in your skin and the brightness of your eyes.

## Get Social

Enjoy some time with your family and friends this spring. Get together outside and enjoy the fresh air and sunlight (don't forget the sunscreen). Exercising with friends can also be a great social outing.

**New experiences are exciting and good for your soul.**

## Lighten Up

As the weather warms up, open the windows in your home or office for a few minutes to let in some fresh air and sunlight. Or, for an instant refresher introduce spring colours into your life by adding a bunch of flowers to a room.

## Relax

Spring clean your mind and spirit by taking time out to relax. Find a quiet spot and try meditation to help clear your mind. Yoga is also a great way to rejuvenate your mind and you get the added benefits of stretching and strengthening your body.

**Make the most of what spring has to offer - fresh air, sunlight, warmer weather and an opportunity to enjoy a happier more active life!**



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*Lite n' Easy*