LifeCare

5 Ways to Start Fresh This Spring

Want to make this spring the start of a healthier lifestyle? Life is stressful — and in between back-to-back meetings, generous helpings of ice cream, and a bit of well-deserved laziness, maybe your health has taken a hit. Spring is a time of rebirth for nature, and a great time for you to reboot as well. Here are some ways to make sure you have the happiest and healthiest spring you can have!

1. Get back into a sleep routine. The CDC recommends 7 or more hours of sleep for adults. So if you're crashing late and rolling out of bed for an 8 a.m. meeting, you're not getting enough. As if you needed more reasons to get more shuteye, sleep is essential for memory, learning, immune system functioning — the list could go on. The top tip? Be consistent. Your body will become confused if you're waking up at 7 a.m. on weekdays and noon on the weekend. While it may feel good to have a lazy weekend, it could really mess up your routine during the school week.

2. Find a workout you actually like. Yes, yes, you already know a bit of activity is crucial for staying healthy. But 30 minutes on the treadmill every day can get old very fast. The key to staying in shape is to make working out something you actually want to do! Try yoga or a spinning class, jump into the pool, or just go on long walks with a friend.

3. Use smart judgment when it comes to alcohol. If you choose to partake, make sure you're doing it safely. Keep moderation in mind and follow up each drink with a glass of water. Be aware of the amount that is the equivalent of one drink, It's easy to overindulge unintentionally. Make sure you're not drinking on an empty stomach, and always have a plan before you go out to get home safely when your night is over.

4. Don't be afraid to seek help. Your mental health should be a priority! If you're feeling overwhelmed or stressed, it is really worth it to reach out to family, friends, or a professional counselor. If you feel down or anxious, you owe it to yourself to talk to someone. Check in regularly with a friend or a therapist to make sure you're not bottling things up. Be sure to return the favor with your friends, too. Everyone could use a good listener!

5. Eat more vegetables. It's way easier to add something to your diet than to remove something. You're probably not getting enough veggies, and your pizza toppings aren't cutting it. Aim for two and a half cups of veggies a day. Add a cup of shredded kale to your morning smoothie, snack on peppers with hummus for a midday pick-me-up, or throw some spinach in your pasta for dinner. Writing everything down in a food journal is one of our favorite ways to make sure we're maintaining a healthy diet.

Making even tiny moves toward a healthier lifestyle can make a huge difference. Let's make this your healthiest spring yet!

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