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## GUEST ARTICLE: IBH



### **SPRING INTO HEALTH**

Now is the time to set yourself up for a great spring and a fun and healthy summer. The days are getting longer and hopefully we are seeing life get a little bit back to normal in the coming months.

**Proper sleep habits.** Strive for 6-8 hours of sleep a night. Developing a nighttime routine can help promote healthy sleep and can give you extra energy during the day.

**Exercise outside.** Spring is a great time all over the country to get outside for some exercise. Go for a walk or hike, play basketball or get a jump start on gardening and landscaping projects. All activity counts!

**Safety first.** Springtime is a perfect time for spring cleaning and a safety check. Change the batteries in your smoke and carbon monoxide detectors and change the filters in heating and cooling systems to help keep the air you breathe clean.

**Be sun safe.** As we spend more time outdoors, be sure even on a mild day to wear at least 15 SPF to protect your skin along with sunglasses and a hat to protect your eyes and face.

**Strengthen your mind.** Practice mindfulness throughout your day or meditate for 5 minutes a day whenever possible. Do activities that stimulate and challenge your mind and allow you to think critically and creatively.

**Reconnect with friends and family.** Warmer weather brings safer conditions to catch up with friends and family we haven't seen in the winter months. Research shows strong relationships benefit your overall health, happiness, and quality of life.

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