



“Spring into Shape”

This month’s topic is “Spring into Shape”. With the arrival of warmer and longer days you can head back outdoors to resume your fitness routine. Experts say that we should pay attention to what we eat and the overall benefits of choosing a healthy diet with daily exercise. The “Spring into Shape” topic will encourage you to choose healthy foods and understand the overall benefits of exercising each day. So, here are a few tips for eating well and the benefits of exercising.

8 Tips for Eating well

1. Eat lots of fruits and vegetables
2. Eat more fish
3. Cut down on saturated fat and sugar
4. Try to eat less salt - no more than 6g a day!
5. Get active and try to be a healthy weight
6. Drink plenty of water
7. Don’t skip breakfast

Short-term benefits of exercising include:

- A healthier heart. Physical activity will make your heart stronger and better able to function.
- Healthy muscles, bones, and joints. Lifting weights can improve muscular strength and increase bone density.
- Increased burning of calories. Physical activity burns calories and helps you maintain a healthy balance.

Long-term benefits include a reduced risk of:

- Dying early.
- Developing coronary artery disease.
- Developing high blood pressure.
- Developing type 2 diabetes.
- Getting some cancers.
- Becoming obese.

“Spring into Shape” by eating healthy and making exercise a part of your life today!

Have a great and healthy month!
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