



# Healthy Habits

Tips and resources for living well



May 2015



# Increase your health and fitness

## Let Us Help!

Spring brings longer days and milder weather. Take advantage of the season and work toward improving your health! In this issue, you will learn about ways to stay healthy outdoors, enjoy seasonal produce, tips to fit exercise into your day, and more.



## Healthy springtime eats

### Eat seasonally and locally

It's a wonderful time of year to stock up on seasonal fruits and vegetables. Taste what the beautiful season has to offer! Try these tips:

- **Visit your local farmer's market.** You'll find a variety of fresh, locally-grown fruits and vegetables.
- **No farmer's market nearby?** You can buy seasonal produce at your local grocery store instead. Click [here](#) to find out what's in season.
- **If you're unable to buy fresh fruits and vegetables,** go for the frozen version. Frozen produce will keep longer and is packed full of nutrients.



## Log your exercise!

### Track your progress

To stay healthy, it's important to exercise regularly. Most adults need 150 minutes of moderate-intensity aerobic exercise and two days of muscle-strengthening activities each week. Logging your exercise can help you to notice areas for improvement and be proud of the progress you've made.

In addition to tracking your exercise, remember to also track your sleep, water intake, and weight.



## This spring, stay healthy outdoors

It's great to get outside and enjoy the mild spring weather! From walking to having a picnic to trying a new sport or exercise, there's plenty to do outdoors. Just make sure you keep a few simple tips in mind:

- **Remember your sunscreen.** Whether it's sunny or cloudy outside, the sun's rays are still going strong. Apply sunscreen before going outside.
- **Wear sunglasses.** Sunglasses are a stylish accessory that serves an important purpose—protecting your eyes from the sun!
- **Bring water along.** If you are playing a sport or even just walking outside, bring a bottle of water with you to help stay properly hydrated.
- **Suffer from allergies?** Many people get springtime sniffles due to spending time outside. Talk to your doctor. Ask if there are any remedies, like antihistamine medications, that may be helpful for you.



## Tech tools to try

### Ideas from our members!

Technology helps make getting fit and staying motivated easy and fun! We asked some of our members to tell us how they use technology for motivation or to enhance their workouts—and we're sharing a few of our favorite responses with you. Try one of these great tools today!

"I'm a huge fan of the MapMyRun app...not only does it keep a history of my workouts, but it also shows me how my friends are active in the program." – **Jonathan**

"I will download the Nike Training Club app on my iPad to help with circuit workouts." – **Cele**

"I use MyFitnessPal to track calories and workouts. It helps me stay on track and also helps me realize how many calories I am burning with other activities like gardening!" – **Juliette**



## You asked, we answered

### What are some ways I can fit in more exercise?

Spring is the perfect time to kick your fitness habits into gear. Take advantage of the warm weather and bring outdoor workouts back into your routine!

- **Work out at work.** Walking during your lunch break or having a walking meeting can help you fit a little exercise into your day. Walking helps you manage stress and be physically active. Invite a co-worker to join you!
- **Not a fan of gyms?** No problem! Try spending some time outdoors by riding your bike or going on a hike. You'll get the added benefit of spending time in nature, too.
- **Have fun in the sun with your friends!** Get together with friends and play a sport like basketball. Try volleyball if you have a beach nearby, or soccer if a field is close. Looking for something a little more low-key? Try hiking, taking a bike ride around the neighborhood, or playing Frisbee.