

Spring into these 8 Strategies for a Health

Spring has sprung – we hope! And after spending most of your time indoors during this long, cold, snowy winter, it's time to think about spring and tips to stay active and healthy.

The CDC suggests the following 8 strategies for a healthy spring:

1. Move More, Sit Less Throughout the Day
 - a. Get at least 150 minutes of moderate-intensity physical activity every week.
 - i. That could mean 30 minutes a day, 5 days a week.
 - ii. Add muscle-strengthening activities 2 days a week.
 - b. Join a Fit and Fall Proof class. Click the following link for class locations or call Timalee at 208-533-3149 for more information. <https://eiph.id.gov/healthy-living/fit-and-fall-proof/class-schedule/>
2. Eat Healthy Foods
 - a. Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
 - i. Make half your plate fruits and vegetables and half your grains whole grains.
3. Choose Your Drinks Wisely
 - a. Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.
4. Get Enough Sleep
 - a. Older adults need at least 7 hours of sleep per night.
5. Be Sun Safe
 - a. Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.
 - i. Wear sunglasses that block both UVA and UVB rays for the best protection.
6. Brush Your Teeth
 - a. Brush twice a day with fluoride toothpaste.
7. Don't Use Tobacco
 - a. Call 1-800-QUIT-NOW for free support to quit smoking.
8. Learn Your Family History
 - a. Talk to your family and your doctor about your family health history.

Visit <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-spring.htm> for full article.

