

Academy Health and Wellness

March 2021

Spring is finally here! We can see it everywhere. The flowers are beginning to bloom, the trees are budding and finally the temperatures are getting warmer. It is important to start to venture out and get some fresh air and exercise. ☺ The pandemic has made us do things differently, but that doesn't mean we should stay inside. We can go outside safely, as long as we follow the CDC's recommendations of wearing masks and social distancing.

We have all heard how our older relatives walked miles to get to school and the stores, how they dug in the garden and played outside until it got dark. Most of us now use cars and public transportation to get to and from places and too many hours are spent on electronics. Our bodies were designed for physical activities, without enough exercise ☹ we can become unhealthy.

We need exercise in order to be strong and healthy, it helps us to feel relaxed and decreases our stress. When you exercise, your brain releases endorphins, these are chemicals which make you feel good. It will keep your weight down and make your muscles, heart, bones and lungs stronger. You will sleep better and have more energy too.

There are many ways to increase your exercise, instead of taking the elevator, climb the stairs. Park your car further away from the store. Walk while you talk instead of sitting. Ride your bike. If possible join a team. You don't have to be great, just try. Set small goals and as you accomplish them, add new ones.

When you begin to exercise don't forget to:

- tell someone where you are going
- warm up and stretch
- cool down
- drink water before, during and after exercise
- have a snack
- put on your sunscreen, sunglasses and hat



Getting fit and keeping fit is a great way to use your time, feel good about yourself, make new friends and improve your chances of having good health.

Happy Spring!!

Marianne Traverson

Health and Wellness Director