

Spring Into Health

Spring weather is a perfect reason to get your family outside. This weekend, make plans for the family to take a bike ride, walk around the park, play baseball or even just do yard work together.

Physical activity is good for health and provides an opportunity for the family to be together. Aim for 30 to 60 minutes of daily physical activity, but don't forget that some is always better than none. Remember to warm up your body beforehand and finish with some stretching.

Along with physical activity, take time for a healthy meal before you head out and remember to drink plenty of water before, during and after any activity.