

1. In-Season Produce

The warmer weather means more fresh and readily available fruits and vegetables. **Spring-clean your diet with some of these healthy, seasonal options:**

- Asparagus
- Broccoli
- Corn
- Oranges
- Spinach
- Strawberries
- Vidalia onions



2. Longer Days

According to research, **longer days lead to higher serotonin levels in the body.** High serotonin levels can positively affect mood.

The light we get from being outside can also impact your circadian rhythm, resulting in better sleep and energy.



3. More Outdoor Activities

As the weather warms up, outdoor sports and activities can seem more appealing, **which helps improve physical health.**

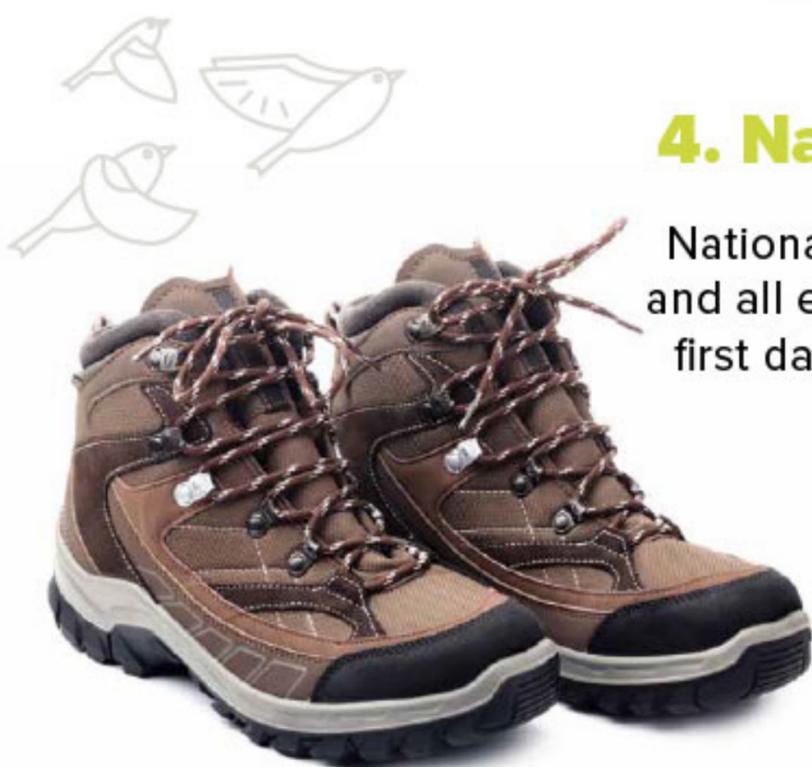
- Get outside and throw a flying disc.
- Play baseball or basketball.
- Ride your bike.
- Take a long, leisurely walk.



4. National Park Week

National Park Week is April 16–24, and all entry fees are waved on the first day! **Spending time in nature**

is linked to better working memory and reduced stress, so find a national park nearby and go for a hike, try bird watching, camp out and explore the many plants, trees and flowers.



5. Vitamin D

Sun exposure helps the body produce vitamin D which helps the body absorb calcium and reduce inflammation. In combination with calcium, vitamin D helps protect against osteoporosis in older adults. Just remember to slather on a broad-spectrum sunscreen before you head outdoors.

