

# Spring HEALTH & SAFETY TIPS

**It's spring. The days are sunny. The weather is warm.** It's time to end the winter hibernation and get outside. But be prepared. Without notice, spring weather can change from warm and sunny to windy and stormy. Here's how to stay safe and get healthy.

## Body Beautiful

Spring is the time to make those major lifestyle changes. You want to get healthy? Here's how:

**Move More, Sit Less** | You've been sitting around all winter under a blanket. It's time to shed the covers, get up, and get the blood flowing again. Take a walk. Go for a run. Hula hoop. It doesn't matter what you do, as long as you're out there moving your body, and having fun. You will feel happier, healthier, and more energized. Your body will thank you.

**Eat Healthy Foods** | Reintroduce your tastebuds with the sweetness of an orange or enjoy the crispness of a salad. Spring is the perfect time to pack a picnic or sit outside at a new restaurant. Your body will thank you.

**Drink More Water** | Our bodies are 60 percent water, and we need to keep hydrated in order to keep going. Replace that hot cocoa you drank in the winter with a glass of water. Your body will thank you.

## Dress for the Occasion

Being outside in the Spring creates a clothing challenge. Between the temperature fluctuations, the bugs, the rain, and who knows what, you have to be prepared. Check the weather before heading outside. Oh, and it also doesn't hurt to keep an umbrella handy.

**Mercury Madness** | Spring temperatures are anyone's guess. It can be hot in the sun and cold in the shade. Layers of loose-fitting clothes work best, keeping you from both freezing and overheating.

**Bites and Stings** | Bugs and bees are just as excited about the warm weather as you are. And they're hungry. Use insect repellent or loose-fitting long-sleeved clothes to beat the bites.

### Slippery When Wet

Spring is the wettest time of the year, so take extra precaution by wearing shoes with non-slip soles. Dew, rain, and mud are all invitations to making you fall in the spring.

### Dirty Work

If you get the gardening or yardwork bug in the spring, be sure and wear close-toed shoes, gloves, hearing protection, and eye protection.

### Be Safe in the Sun

The spring sun can be extra harsh on your eyes and skin. Wearing light, loose-fitting, long-sleeved shirts is a good idea, or lather on sunscreen with an SPF rating of at least 15. Or buy a fancy new hat or a stylish set of sunglasses.

## WEATHER ALERT

Thunderstorms. Tornadoes. Flooding. Spring brings it all. If the power goes out, you need to be prepared. That means being ready ahead of time. Make sure you have these items on hand:

- Weather radio, with extra batteries.
- Flashlight, with extra batteries.
- Water. One gallon per person per day.
- Food, with can opener and utensils.
- Duct tape
- Cell phone charger
- Sleeping bag, blankets.
- Emergency bag with first aid kit, personal hygiene items, medicine, multipurpose tool