

Spring Time: Blooming into a healthier lifestyle

The long cold rainy nights of winter are coming to an end as the warm days of spring take over. The sounds of birds chirping and the sights of blossoms blooming bring along a sense of life and renewal. While the season emerges new life around, it would be a good time for one to adhere to new habits that help promote a healthy lifestyle.

One way to renew the commitment to being healthy is by getting the body into shape. Despite common ideologies, the intensity of exercise is not the key factor that affects individual's health. Adding a simple 10-minute outdoor walk to one's daily routine can have valuable benefits on mood, energy and sleep.

It may seem obvious that a walk on a warm spring day is physically beneficial for lowering blood pressure, losing weight, and decreasing the risk of getting a stroke. However, maintaining a walking routine provides many mental boosts. Age-related memory decline is shown to be lower in individuals who have walking routines than those who do not. In addition, walking helps lower the risk of having incidences of dementia and Alzheimer's disease.

Taking a walk or a hike also gives individuals a chance to enjoy the beauty of nature. New research in the field of environmental psychology shows the importance of people being exposed to nature. Enjoying a walk on the beach or in a garden helps individuals take a break from a busy work or study schedule.

Another spring physical activity that can help promote a healthy lifestyle is gardening. Gardening is considered a relaxing and soothing hobby that helps reduce stress. One can take the advantage of the spring season to grow vegetables and fruits that can be added to support a balanced diet.

The seasonal fruits and vegetables available in spring can aid in enhancing a healthy diet. They provide the body with loads of vitamins and minerals, away from fats and unnecessary calories. Moreover, taking advantage of the good weather to step outside and grill a meal on the barbeque helps offer a well balanced serving.

In addition to the various physical activities and healthy meals, the sunny days of spring permit one to simply relax outside. Exposing the body to 10-30 minutes of sunlight helps with the absorption of vitamin D. The body's consumption of Vitamin D aids in improving one's mood and stress levels. Specifically, Vitamin D has shown to be effective in decreasing depression and anxiety levels in individuals who suffer from seasonal affective disorder (SAD).

The warm weather of spring makes it suitable to plan outdoor activities with friends and family. Planning a barbeque, having a picnic or taking a hike can be fun ways to spend time bonding with others. Parents can take advantage of the weather in order to engage their children in active outdoor activities like running, ball games or playing in playgrounds. In addition to boosting the energy of children, these activities allow parents to spend more time bonding with their children.

The beauty and warmth of spring brings life back to nature. Being open to the opportunities that the season has to offer can help one spring into a healthy physical and psychological lifestyle.

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