

## Spring Into Your Weight Loss and Health Goals

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For most of us, spring is the time to get outdoors more often and get in touch with nature. Spring cleaning in your home, landscaping your property, and just moving around in the warmer weather all contribute to burning more calories. Evidence shows that it is easier to lose weight in the spring for this reason.

Below are some easy ways to get out, burn calories, and get ready for bathing suit season!

### **Outside your home**

Create your own garden plot. This not only increases your daily activity but also sets the stage for wonderful home grown vegetables in late spring and summer. You cannot get more locally grown than from your backyard! Because vegetables differ as to when they're ready to harvest, it's possible to have various types early on and more variety as the growing season progresses. To learn more about gardening, look into joining a community gardening club where you will get great tips and lessons. If you don't have a garden or room for a garden in your yard, support your local farmer's market. Even regular grocery stores have locally grown produce and they often have weekly specials on whatever is in season.

### **In your neighborhood**

Get out for a bike ride. You do not have to be an expert cyclist with “click in” shoes to get out for a calorie burning bike ride. Get out and enjoy your neighborhood; greet your neighbors as you get a workout in. If you do not have a bike or you’re not interested in using yours just get out your sneakers for a walk, jog, or run. My daily runs are the best part of my day. Aside from burning calories I get an immense amount of stress relief during and after my run. I along with millions of runners have become addicted to the euphoric feeling that running provides!

### **In your local area**

Sign up to walk or run a 5k charity race this spring. Spring is the best season for running and walking races because there is a race nearly every weekend and the weather is perfect—cooler spring temperatures are more forgiving on your body. Having a race to train for can also help you reach your weight goals. Allow yourself 2-3 months to train for your first race, and remember that the best motivation for running or walking this race will be that you are supporting a charity in need of your help!

### **At the park**

Go to your local park to play tennis, basketball, or volleyball. Yes, this does require some preplanning as you need an opponent to play, but it is well worth the planning! These activities burn between 500-700 calories per hour and are a lot of fun! If you’re looking for a weight loss and fitness program you can do solo, see if there’s a fitness bootcamp at your local park. Bootcamps are cropping up everywhere and for good reason! This is not a fitness trend but a method for people to get great results. Look into a bootcamp taught by a certified trainer with experience in the field and passion for fitness. This will make a difference in attaining real results in a relatively short period!

### **On your front porch**

While the kids are playing in the front yard you can tone up while sitting down with Seated Leg Lifts. While reading your favorite book, raise your calf so it is in line with your thigh, alternating legs for 10 raises on each side. Repeat for 3 sets of 12 on each side. Keep in mind that elevating your heart rate even for 30 seconds at a time allows your body to burn more calories throughout the day.

Spring can be a great time of year to recharge your weight loss efforts. Take advantage of the warmer weather and incorporate regular activity into your schedule and fruits and vegetables from your backyard into your diet! Make some springtime resolutions as you prepare for swimsuit season. Make it part of your daily schedule to go for a walk in the evening. It’s a great way to see your community, burn some calories, and you will feel great! There is nothing better than fresh air. After your walk (or before), prepare a salad picked from your yard as part of your dinner.

Embracing spring can be a great way to enjoy the change of seasons, shed winter weight, improve your health and boost your immune system!