



# Simply Healthy

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## PHONE NUMBERS

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LifeChoice	512-6379
YMCA	716-6260
Coops	222-4653
9 Round	226-1633
Rec Center	231-2232
Gold's Gym	225-4653

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## Spring Into Fitness

Spring is in the Air!!! I really love spring, as I know a lot of people do!

It's a great time to shake off Ole' Man Winter and plant your vegetable garden, flower garden or just enjoy the wildlife that may be around your home.

I encourage you to find new ways in the new season to improve your wellness and overall fitness.

Here are a few ideas for the coming months to think about:

- Plan an active vacation
- Grill and eat outside on your deck or patio at least once a week
- Find a new exercise that suits your abilities
- Buy a new spring piece of clothing to perk up your basic wardrobe
- Take a sick friend or neighbor a lovely bouquet
- Take time to meditate on your blessings



**Spring Idea:**  
On your day off, take 2 hours to clean out:  
a closet  
a drawer or  
a cabinet

Try a new fruit



Pomegranate  
Mango  
Kiwi  
Blueberry  
Starfruit



**Ready for Spring???**

Mix it Up Outdoor Run/Walk workout:

- Run or walk 1 mile
- 15 pushups
- 20 lunges
- 50 crunches
- 20 squats

Repeat if you can!!

**Order your SPORTS PAK**

When dinner will be a crunch for kids or yourself: call the dining room before 9am and pick up your box in the afternoon!!

