

# TIME TO BLOSSOM.

The flowers are coming out of hiding – and so should you! That resolution you made to exercise more, the one that seemed so hard to keep in the cold light of January is much more do-able as the weather warms. In fact, **Spring is the perfect time to take fitness outdoors!**

People who get their exercise outdoors report experiencing **more enjoyment** working out, and they find their exercise **more invigorating and energizing** than those who stay indoors.

Researchers further found that outdoor exercise led participants to feel **less tension, anger, and depression.** The great outdoors makes exercise easier and more fun!

the big number

# 52

52 million Americans reported running or jogging last year, making that the most popular outdoor exercise.



**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“TIME TO BLOSSOM”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### RAISINS



A small box or baggie of raisins is the perfect snack for outdoor exercise! Raisins are dried grapes, and, like grapes, they can be different colors. Whatever color they are, sweet raisins pack

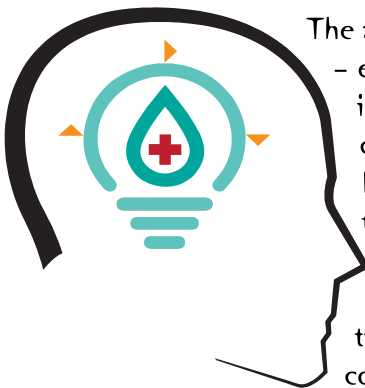
a lot of quick energy, fiber, and beneficial nutrients into a small, portable, and inexpensive package!

## PLAY HARDER

When you exercise outdoors, you're more likely to spend more time doing it. One study found that participants who hiked outdoors felt they had put in less effort and were in a better mood than when the same folks walked for the same time on a treadmill indoors.



## LEARN EASIER



The act of exercising outdoors – even a leisurely stroll – increases creativity and concentration skills. Research has even found that children with ADHD had fewer symptoms and concentrated better after time spent playing outside compared to indoor play.

## LIVE HEALTHIER

Money may not grow on trees, but getting out among the trees to exercise can save you money in a couple of ways. First, you don't need to pay for a membership at the gym, or fitness classes, or special indoor equipment. Gotta comfortable pair of sneakers? You're all set. Plus, you save just by being healthier. One study of "green" exercise – anything done outside, from walking the dog to trail running – can save billions every year in medical costs. That's some healthy savings!



**DON'T 4 GET!**  
Take at least **ONE**  
**FRUIT**  
or  
**VEGGIE**  
and at least **THREE**  
items total so your meal counts as a complete lunch!

*Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, the added emphasis on vegetables, fruits, and whole grains on our menus has helped increase the fiber content of our meals.*