



Healthy Tips

April 2018

1. Eat lots of fruits and veggies this allergy season. Eating more natural foods will help your body naturally detect and fend off allergens.
2. Try in-season, local produce this spring! Fruits and vegetables are cheaper (and tastier) when they are in-season!
3. Get active during the day! Take advantage of our wellness challenge. Take walking breaks with your co-workers, and earn points while doing it!
4. Spring cleaning! Take a day over the weekend to wash all your linens and wipe down surfaces. Dust that collects over time can aggravate allergies- and nobody likes the look of a dusty bookshelf.
5. Increase your daily happiness potential! Mental health is just as important as physical health. Do some little things that make you happy- listen to music, be kind, or donate things you don't need or use anymore!
6. Drink water! As it (hopefully) starts to become warmer outside, be aware of your fluid intake. Try bringing a water bottle wherever you go!
7. Take a break from social media. It can be stressful in high doses. Setting a limit for online time can work wonders for your mental health.

