

5 Things

you can do right now as part of your wellness routine

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1
Go green.
Earth Day is April 22. Celebrate by supporting local growers, riding your bike, picking up litter, recycling and learning more at www.earthday.gov.
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2
Sing.
The physical act of singing boosts the immune system, releases tension, stimulates circulation and tones abdominal muscles.
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3
Get checked.
See a dermatologist. In recognition of May as *Melanoma/Skin Cancer Detection and Prevention Month*®, get a complete skin examination by a professional.
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4
Spring clean your diet.
Drink more water, eat "clean" foods (organic foods, ocean-safe fish, Genetically Modified Organism (or GMO)-free foods, fair trade certified foods, minimally packaged foods), toss out old or unhealthy pantry items and plan healthy meals ahead.
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5
Give yourself a (spring) break.
Whether it is forgiving yourself for something, or scheduling a mini-vacation, spring is a great time to reflect and unwind.

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