







## 30 Ways to Spring into Well-Being



Spring is in the air! This season brings warmer weather and blooming flowers, which can be great motivators to getting more active and boosting overall health. One of the best ways to get back into the swing of things is to pursue small wellness goals. As a fun approach to engaging in new healthy actions, try tackling these **30 Ways to Spring into Well-Being** to boost your health and happiness this season. To participate, complete one or more of these wellness activities each day. We challenge you to spring into your best season yet!

|  <b>PHYSICAL</b><br>Be Active |  <b>INTELLECTUAL</b><br>Keep Learning |  <b>EMOTIONAL</b><br>Take Notice |  <b>SOCIAL</b><br>Connect |  <b>SPIRITUAL</b><br>Find Your Purpose |
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| Do what you can, enjoy what you do, move   | Embrace new experiences, surprise yourself   | Remember the simple things that give you joy  | Talk and listen, be there, feel connected  | Meditate, identify what's important   |
| <input type="checkbox"/> Do some Spring cleaning   | <input type="checkbox"/> Make a new health goal to finish by Summer  | <input type="checkbox"/> Buy yourself some flowers  | <input type="checkbox"/> Visit your local farmers market   | <input type="checkbox"/> Make a list of your skills, talents, passions  |
| <input type="checkbox"/> Explore your neighborhood on foot   | <input type="checkbox"/> Read a book outside   | <input type="checkbox"/> Air out your living space, open the windows and let the sun in                           | <input type="checkbox"/> Celebrate Earth Day (April 22) by having a picnic at the park or beach              | <input type="checkbox"/> Volunteer somewhere to apply your list above   |
| <input type="checkbox"/> Go on an evening bicycle ride   | <input type="checkbox"/> Try a new healthy recipe  | <input type="checkbox"/> Decorate your home for Spring  | <input type="checkbox"/> Have an outdoor game night with your family   | <input type="checkbox"/> Ask a friend what your greatest strengths are  |
| <input type="checkbox"/> Run a virtual 5k for a good cause   | <input type="checkbox"/> Clean up your digital device storage  | <input type="checkbox"/> Hang a bird feeder   | <input type="checkbox"/> Have a virtual brunch with friends  | <input type="checkbox"/> Go meditate in a botanical garden  |
| <input type="checkbox"/> Fly a kite  | <input type="checkbox"/> Listen to a podcast   | <input type="checkbox"/> Put on some music and sit outside  | <input type="checkbox"/> Bake a healthy treat with fruit in it to share with your family                     | <input type="checkbox"/> Support an animal rescue organization  |
| <input type="checkbox"/> Try a new workout   | <input type="checkbox"/> Visit a new museum, virtually ( <a href="#">click here</a> )                                  | <input type="checkbox"/> Donate used items to your local Goodwill   | <input type="checkbox"/> Call a friend you haven't spoken to for awhile                                      | <input type="checkbox"/> Watch the sunset   |