

Caring for you in all ways. Always.™



Spring into fitness this season

As nature blooms this spring, it's a great opportunity to reset your goals and embrace a season of wellness. Whether you want to get moving or build healthier habits, now is the time to start!

- **Start with daily movement.** Whether it's a brisk walk, a quick jog, or dancing to your favorite playlist—**move every day.** It doesn't matter how you start, just start!
- **Get outdoors.** Take advantage of the mild weather! Go for a walk, hike, or bike ride to enjoy the fresh air and boost your mental and physical well-being.
- **Try something new.** Shake up your routine! Sign up for a group fitness class, start lifting weights, or try yoga. Spring is the perfect time to push your boundaries and try something new.
- **Stretch and recover.** Remember, fitness isn't just about pushing yourself—it's about recovery too. Dedicate time to stretch and relax. Your muscles will thank you!

Simple ways to declutter your mind

It's easy to get overwhelmed by your thoughts, which makes it hard to focus or relax. Make efforts to declutter your mind by pausing to breathe for a moment, writing down your worries, and keeping your space tidy.

Quick fixes for unhealthy habits

If bad habits have snuck into your daily routine, try small tweaks to make them healthier. Turn your daily takeout dinner into a weekly treat, get up from the couch and walk in place during TV shows, and call a friend instead of scrolling on your phone.



Expert help, delivered with heart

Health Advocate is here to help you and your family with any health or well-being issues.



We're here 24/7

Get the support you need, right when you need it, so you can have peace of mind.



Tune in to this month's free webinar: Developing Critical Thinking Skills

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