Spring is here!

The weather is changing, which can only mean one thing; Spring is back in Boone! Here are some general health and fitness tips to make the most of Spring.

- Find a way to stay active every day. It’s easier with an activity that you enjoy!
- Stay hydrated. Warmer weather makes it easier to lose fluids, so keep a bottle of water nearby!
- Don’t miss out on sleep. A good night’s sleep should be a top priority so make sure to get 8 hours of sleep every night!
- Bring a friend! If motivation can be a problem, enlist someone you know to get in shape with you! This will keep you committed and accountable!

Get outside and enjoy the warm weather! Something as simple as going for a walk can go a long way in staying in shape. Health Promotion for Faculty and Staff offers a number of programs and classes to help keep you healthy. Please call 262-6314 with any questions!