

## Five Simple Steps to Stay Active this Spring:

### 1. Find Something You Enjoy

This spring, find a physical activity that you enjoy by trying different activities such as jogging, swimming, yoga and basketball. Having an activity that you love will make exercise a hobby instead of a chore.

### 2. Enjoy a Nice Walk

As the weather gets warmer, stay motivated by taking a brisk walk with a companion. Bring your dog along for the walk, too!

### 3. Discover Indoor Fitness

Stay active by signing up for indoor fitness classes at your local community and fitness centers for the spring season. Free and low-cost classes are available for all ages in activities such as basketball, yoga, Zumba and cardio aerobics.

### 4. Take the Stairs

Walk off those extra calories by taking the stairs instead of the elevator or escalator. You'll be amazed at how easy this becomes and how fit you will be for the summer!

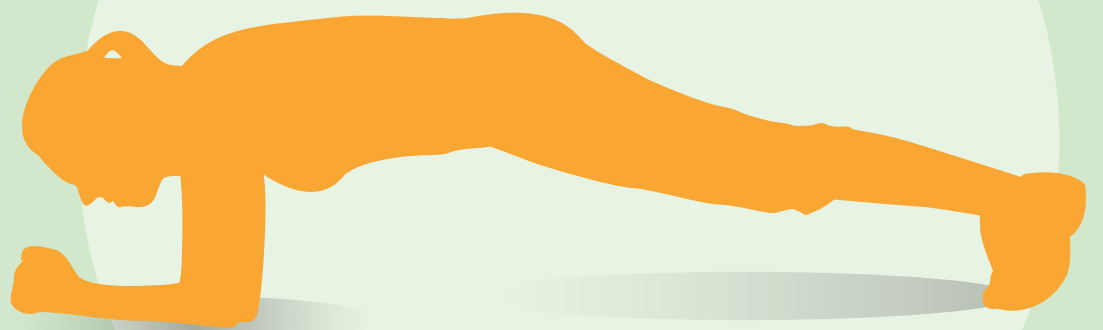
### 5. Stay Fit with Family and Friends

Gather your family and friends for a fun and easy group activity that is sure to keep them active this spring! Organize trips to your local community center for group exercise classes. Rainy day? Practice the latest indoor fitness moves at home with your loved ones.



## Exercise of the Season: Forearm Plank

1. Lie on your stomach in a straight line with your legs together or a foot apart, and place your elbows under your shoulders. Make sure your forearms are on the floor.
2. Press up onto your toes and lift your body, keep your forearms and elbows on the floor.
3. Hold the position for five to six seconds. Challenge yourself! Hold the position for a few more seconds before slowly lowering yourself back down.



**Forearm Plank**