

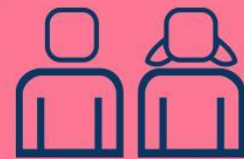
# Spring Into Fitness

4 Ways to Spring Clean Your Fitness Routine



Now that the weather is finally warming up, exercise outside! Find accessible parks and trails in your area that you haven't yet explored.

You're more likely to stick with your plan if you've got a partner. Choose someone to exercise with who has similar goals and a schedule that fits with your own.



**Get a Partner**



**Stay Hydrated**

Avoid muscle cramping and fatigue by drinking plenty of water before, during, and after exercise.

Going outside means more sunshine, but it also means that your skin is exposed to harmful UV rays. Rub sunscreen on all exposed areas of your body.



**Don't Forget Sunscreen**