Spring Into Fitness
4 Ways to Spring Clean Your Fitness Routine

**Go outside**

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

**Get a Partner**

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.

**Stay Hydrated**

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

**Don't Forget Sunscreen**

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.

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