Welcome the season by exploring fresh ways to be active!
You know that moving more is good for you—that it can help boost heart health, ward off certain diseases, and improve your mood. And there are so many ways to reap those benefits—especially as the days get warmer and longer. So say “so long!” to dark days, head outdoors, and stretch your legs (and everything else!). Take a walk in the park, visit the farmers market, pedal around the neighborhood, toss a ball with your kid....

How it helps: Recent research suggests that spending time in nature can help you feel restored and less stressed. And the greater your overall well-being, the more likely you are to eat healthier foods, get better sleep, and be more active. Ready to break out of your winter rut? Jump in!

WHAT TO DO: TAKE ACTION

Whatever you're in the mood for, you can find an easy, breezy spring pleasure that gets you outdoors and moving more.

- **CAN'T WAIT TO GET YOUR HANDS DIRTY**
  - **PLANT IT RIGHT HERE** There's nothing like the satisfaction of planting seeds in a patch of dirt and watching them grow into beautiful blooms, or even fresh herbs and vegetables (0 SmartPoints® value!). Plot your garden on paper (or use a garden-planning app), then head outdoors to start digging!

- **ARE UP WITH THE BIRDS**
  - **RISE & SHOP** Greet the new day at your local farmers market, flea market, or swap meet. Walk the aisles, discover new finds, and make friends along the way! Scan the community listings now for the next outdoor event, then put it in your calendar.

- **WANT TO SHAKE UP YOUR ACTIVITY**
  - **AL FRESCO EXERCISE** Milder weather brings outdoor yoga, Qigong, and other fitness classes. Search online for local options, then invite a friend and make it a regular date.

- **SAVOR EVERY MINUTE OF DAYLIGHT**
  - **TWILIGHT TOUR** As the days get longer, soak up every last minute of them by taking an evening walk. Check your weather app for the exact time of sunset, then plan to head out 20 minutes beforehand.
THINK AGAIN
Find it hard to switch out of your comfort zone? A quick reality check can help you rethink.

UNHELPFUL
“I tried an outdoor yoga class once; it was cold and windy and I hated it. Outdoor exercise isn’t for me.”

HELPFUL
“I tried an outdoor yoga class once and hated it, but there are lots of other options for being active outdoors.”

UNHELPFUL
“I’m not really a nature person—hiking and stuff doesn’t get me excited.”

HELPFUL
“I’m not really a nature person, but I don’t have to be a mountain climber—just taking a walk on a beautiful spring day feels good.”

YOUR TURN!
What unhelpful thought have you had recently? Write it here. Give it a reality check. Now, what is your helpful thought? Write it here.

UNHELPFUL
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HELPFUL
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IN THE PAST TWO DAYS I’VE EARNED 56 FITPOINTS.* I DID SPRING CLEANING ON THE HOUSE AND A LOT OF YARD WORK, GARDENING, AND LANDSCAPING! —ROBERK7*

I SET A GOAL FOR MY YARD EACH SPRING—IT’S A GREAT WAY TO GET IN ACTIVITY WHILE CREATING SOMETHING. LAST YEAR, I BUILT FLOWER BEDS WITH 125 PAVERS (13 POUNDS EACH)!

YOUR ENERGY GOES UP AS YOUR WEIGHT STARTS TO GO DOWN. —OPRAH

TOOK MY GRANDDAUGHTER TO THE FARM TO VISIT HER FAVORITE ANIMALS! SHE LOVED IT AND I GOT LOTS OF STEPS IN. —SURFING17*

THERESE

*Posted on Connect on the mobile app (for subscribers).
**CUBAN CHICKEN AND PINEAPPLE SALAD**

Serve this zesty, refreshing salad right away for best flavor.

*3 SmartPoints® VALUE PER SERVING // PREP 20 MIN // SERVES 4*

- ¼ cup fresh lime juice
- 1 Tbsp olive oil
- ½ tsp ground cumin
- ½ tsp table salt, or to taste
- ¾ lb cooked skinless boneless chicken breasts, cut into chunks
- 1¼ cups fresh pineapple chunks
- 1 cup matchstick-cut jicama
- ½ cup coarsely chopped fresh cilantro
- ¼ cup very thinly sliced red bell pepper
- 2 scallions, thinly sliced

In a large bowl, stir together lime juice, oil, cumin, and salt until blended. • Add chicken, pineapple, jicama, cilantro, red pepper, and scallions; toss to coat. Yields about 1¼ cups per serving.