

HEALTHY HABITS

May 2017

Spring is Here

Spring has sprung and the weather is warming up, bringing people outside regularly. This is the time of year for spring cleaning. However, this can really kick allergies into high gear as the dust is stirred up and the windows of your home are opened to air out. This brings the outdoor allergens into your home.

Get Your Garden Going



Gardening has many different benefits. It gets you up and moving as you work in the outdoors and gets your heart pumping. Preparing for a garden is a great workout as we get the earth ready for our tender plants. Remember to wear sunscreen and drink plenty of water to keep hydrated. The benefit of planting a garden is eating foods that are straight from the earth, which means you are not only eating something healthy, but eating something that you grew yourself.

Outdoor Activities

After months of being cooped up inside and longing for warmer temperatures, it's time to get outside and have some fun. There are plenty of fun activities we can do with the kids that don't involve TV, video games or anything else that takes place inside our homes. The best part of getting some much-needed fresh air is that it doesn't have to put a strain on our wallets.

- Go for a walk
- Ride a bike
- Fly a kite
- Take a hike
- Blow bubbles
- Go to a playground
- Play hide and seek
- Hopscotch in the driveway
- Play I-Spy
- Go fishing
- Hula hoop
- Picnic lunch at a park
- Have a bonfire, make S'mores
- Stop and literally smell the flowers



Healthy Inspiration

No matter how slow you go, you are still lapping everyone that remains on the couch!

Did You Know

If the human eye was a digital camera, it would have 576 megapixels!

WANT MORE INFORMATION? LEARN MORE AT FMCHEALTH.ORG



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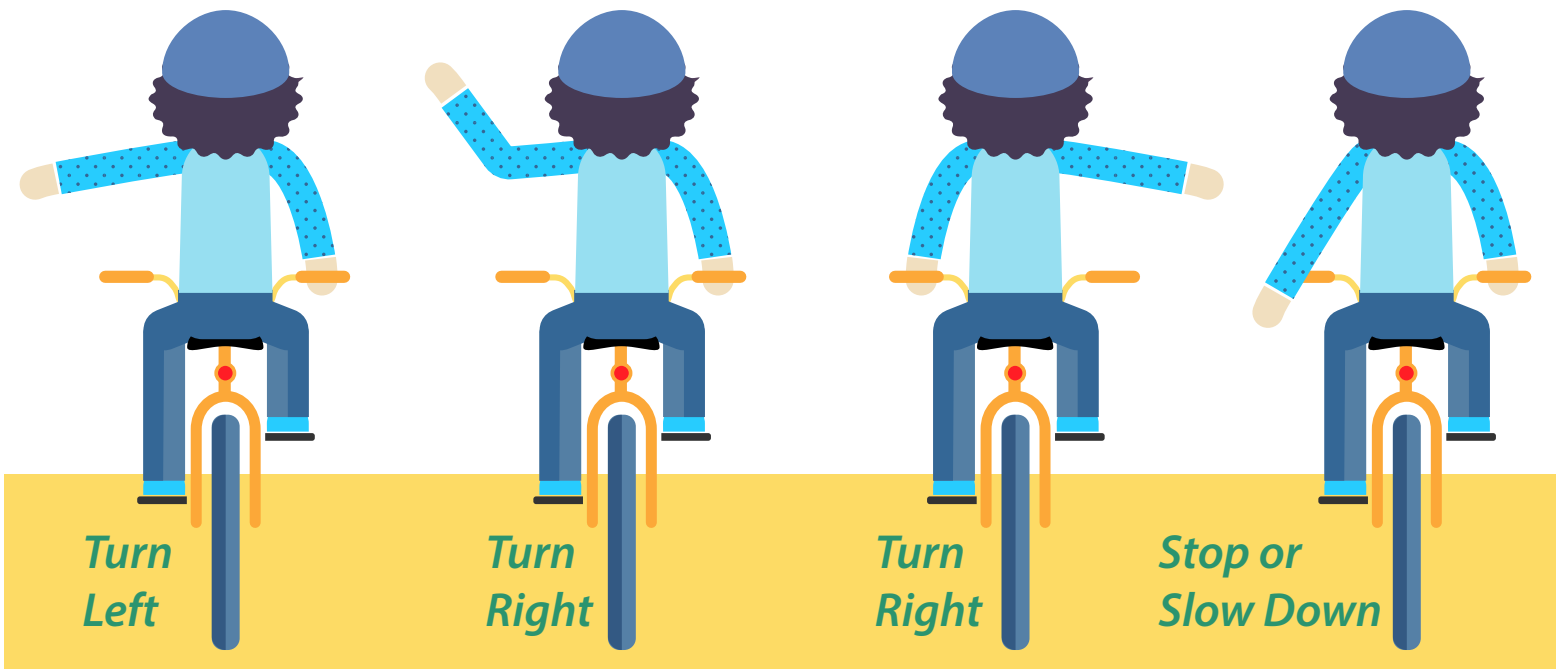
CLINIC HOURS:
MONDAY, WEDNESDAY & FRIDAY
9 A.M. – 5 P.M.
1199 RIVER VALLEY BLVD
LANCASTER, OH 43130



Bicycle and Motorcycle–Helmet Safety

As people take to the wheels, whether it's pedal power or engine-powered motorcycles, we need to be safe and always wear a helmet. Wearing a helmet reduces the risk of a serious head injury by up to 70%. According to the Bicycle Helmet Safety Institute, pedal cycling leads the cause of head injuries out of all age groups. Dr. Jerri Rose of University Hospital in Cleveland reports, "Wearing a helmet while riding is similar to wearing a seat belt while in the car." The key is to start kids early, Rose said. "As soon as they start riding their bikes, they should be taught to wear a helmet. It has to become a routine." Motorcycles are out all hours of the day, especially this time of year. As drivers, we must look twice as it could save a life. Teach children to look for motorcycles instead of VW Bugs, then when they get behind the wheel and begin to drive, they will see the motorcycles first!

Use Hand Signals When Riding



Bike Trails in Fairfield County

Lancaster

The Lancaster Heritage Trail consists of about 15 miles of paved trail and a small amount of shared street trails. Check out a map of the trail at Lancaster Parks and Receptions website. Make sure you know how much you can handle before you ride.

Pickerington

The Pickerington area has a number of trail systems, including bike lanes on both sides of Ohio Rt. 256 that connect Olde Town Pickerington to the west end of Baltimore.

Mountain Bike Trail–Carroll

Want a challenge? This trail features steep climbs and descents through deep woods. The 12 to 18-inch-wide trail has a narrow creek bridge, banked turn and a couple of short sections of sandstone cobble. A 5-mile inner loop is the beginner/intermediate trail and the outer 4-mile loop is the advanced trail.



Learn more about these trails and others by visiting the Fairfield Heritage Trail Association and the Metro Parks websites.

Source: Fairfield Heritage Trail Association and Metro Parks