



There's just something so rejuvenating about spring. Whether it's the birds chirping, flowers or sunshine, spring does wonders for the senior soul.

Springtime is a favorite season for seniors because so many of us are retired and have spent the winter being cooped-up indoors. There's nothing like breathing fresh air, feeling the warmth of the sun on the skin and soaking in a little Vitamin D to renew the spirit and enhance our quality of life.

Now that the weather has finally warmed up, it is the perfect time to get outside and exercise! As you venture outside and start your new spring time activities be sure to **stay hydrated**. Decreased fluid intake and even diminished sense of thirst are commonly exhibited by older adults due to physiological changes which accompany aging. It is critical to stay hydrated and replace fluids you lose through sweating.

Equally important is protecting your skin. More sun exposure can be great as your body converts sun rays into Vitamin D, however, UV radiation can also increase your risk for developing skin cancer. Did you know that the average age at which someone is diagnosed with skin cancer is actually 63?

Clean out your Medicine Cabinet! Don't let your health fall victim to a disorganized medicine cabinet. Devote some spring cleaning to this commonly messy area and clean out empty boxes and bottles, expired medicines, and old prescriptions you no longer use. Remove any personal information and recycle what you can, and make sure to follow the directions on package for proper disposing of medicine.

The following are seven ideas for enjoying springtime:

1. *Golfing* - Many seniors enjoy golfing. It's hard to beat a leisurely stroll on beautiful courses, while trying to hit the ball into the hole.
2. *Bicycling* - Bicycling is easy on the knees and a good choice for many seniors who enjoy outdoor exercises. A bicycle ride is a low-impact aerobics sport and is as fun at 60 as it was at 6.
3. *Walking* - Most seniors are aware that walking is so good for oneself that it's the only exercise many partake in. Walking is a beneficial activity for everyone who has the mobility.
4. *Playing Games* - Some people enjoy playing cards, checkers or chess. Playing these types of games provides a type of mental exercise that helps to keep minds sharp at any age.
5. *Fishing* - Fishing is fun for people of every age and also for those that have limited mobility. Grab a pole and some bait and head to the nearest fishing spot.
6. *Bird Watching* - Watching birds is a beloved activity for millions across the globe. Whether watching feathered creatures in a

nearby birdhouse or looking for birds at a distance through binoculars, bird watching is a fun way to enjoy nature.

7. Flying a Kite - Even if a younger person is needed to coax a kite into flight, kite flying is an outside activity that people of every age and every level of mobility can enjoy.

No matter what activity you enjoy, be sure to go outside and enjoy the warmer weather, but always be on the lookout for spring storms, which can pop up at any time. Listen to the latest weather updates and be prepared. Spring storms and tornadoes are dangerous.