



Rosh Chodesh Iyar 5774

SPRING AT LAST! A ROUTINE FOR ALL SEASONS

After all the preparations for Pesach have passed, life settles down a bit for most of us. We suddenly realize the aftermath of the winter – the extra pounds, the lack of exercise and a general feeling of sluggishness. Spring is a good time to take account of one's physical health and to recommit to improving exercise and wellness. We know we need to develop a routine good for all types of weather but the reality is that spring and early summer are more conducive to walking and outside activities than the stormy days of winter.

During this period of the Omer, we are counting up to another big holiday. The sense of time passing is a hallmark of this season, which provides an incentive for setting aside time to exercise, to meditate, to communicate, and to grow.

Many wellness experts urge people to set schedules – daily, weekly, monthly routines for their health. Such a schedule might include yoga twice a week, several days of aerobics for 20 minutes or more, and strength training. Recognizing that each day offers the opportunity to start again is great, but sticking to a plan is far more useful. Time management has its own rules and produces positive outcomes, but focusing on the impact of the wellness activities may create an attitude that is more motivating than setting time slots and achievement goals. At the end of the effort – walking, yoga, bike riding, whatever, one should feel good and good about herself.

The Mayo Clinic advises individuals to include four types of exercise: cardio or aerobic, balance, strength, and flexibility. The schedule of exercise should vary by day, week and season, and should always include a warm-up and cool down. Stretching and cooling down muscles is equally vital to improving one's health. Whether you exercise alone or in group, it's important to set a schedule. Many people do best when challenged in group and the rigor of getting to a yoga class on time makes the activity more important.

Whatever one's age, the need to establish a routine to support one's health is vitally important. Every one messes up now and again. If your health activities and exercise schedule is good and feels supportive, you will more likely keep to it because the benefits are so rewarding. Wellness and Learning is about trying new things and returning to the old ones that work. As spring blossoms

around you, take the time to a smell the flowers and set your own path for continued health and wellness.

References:

www.mayoclinic.org/healthy-living/fitness/in-depth/fitness-training/art-20044792

www.webmd.com/fitness-exercise/guide/fitness-beginners-guide

coachingpositiveperformance.com/11-symptoms-poor-time-management/