# 5 tips to welcome spring

**From "5 a day" we always have in mind the importance of following a healthy lifestyle and adapt our body and power to seasonal changes, we put it easier.**

Lack of energy, fatigue, decay, the time change and the arrival of spring favor the emergence of what some call spring asthenia. From "5 a day" we want to offer some tips to deal with the change of season with positivity and good humor.

1- Watch your diet. It is convenient to carry a varied diet with presence in quantity and frequency of food group of the food pyramid, consuming at least 5 servings of fruit and vegetables a day. We must also respect the timing of meals and try to distribute them in four or five shots a day.

Here are some examples of products you can find in your grocery store, at its peak in these spring months:

- Fruits such as cherries source of folic acid or vitamin C rich strawberries

- Regarding vegetables we can find spinach provide vitamins C, E and A and minerals such as potassium, magnesium and iron. There are also seasonal asparagus are a good source of folic acid.

2- Take the outdoors. Experts recommend at least half an hour of daily physical activity. They walk, swimming, dancing, cycling ... are good choices to everyone that you can practice outdoors and enjoying the daylight hours.

3- Good rest. It is convenient to sleep at least eight hours for sleep is restful. You can also practice some relaxation techniques or meditation throughout the day to help you destress.

4- Over water! Have a water bottle in a visible location provides us take the required amount. When

you are thirsty drink water, it is the best way to stay well hydrated. You can always supplement with herbal or natural juice of fruit or vegetables.

5- Positivism to power! The attitude is essential, if you think positive you surround them with a favorable environment for everything that you carry out your day.

If you follow these simple tips, you can enjoy a healthy Spring! Do you want to do it?

**Source: "5 a day"**