

*A flower blossoms for its own joy.  
~ Oscar Wilde*



## Spring Forward!

*by Will Leisek, Occupational Therapist and Kernes Pool Board Member*

After a chilly winter, the weather is warming as we head into Spring! It's a time to celebrate the beauty and diversity of human experience, to become our strongest, happiest selves, and to celebrate our own unique abilities. Whether you've been hibernating or hard at work all winter, here are a few fun things we can all do to refresh and renew body and spirit this season:

**Protect Yourself—Boost Your Gut!** A healthy gut strengthens your immune system. Add some fermented veggies to your favorite meals. Sauerkraut, kimchi, fermented garlic, and any kind of veggies – onions, beets, carrots – all taste delicious and add a flavorful dimension to any meal. Make sure they're *fermented*, not just pickled, to get the most benefit.

**Find Your Groove!** Put on some music as you wake or wind down. Let it lead your mind or calm your thoughts. Rediscover some of your favorite tunes or be inspired by something new!

**Nourish Your Roots!** Take a daily moment to think of yourself as you mean to others. Your roots mingle with those of everyone around you. Be generous with your gratitude for your family, friends and neighbors and then watch as others do the same for you!

**Go with the Flow!** Old Man River must know somethin', and its message is to stay fresh and fluid, not stagnant. Movement can be anything and can happen at any part of your daily routine. Dance to the radio, sidestep to the fridge, stand for 5 minutes each hour and stretch your arms and legs, or make a snow angel in your bed covers! Consider Tai Chi or yoga, or go for a walk. Follow the link below for an easy chair yoga routine—you just need yourself and the chair you're sitting on!

<https://www.seniorlifestyle.com/resources/blog/infographic-top-10-chair-yoga-positions-for-seniors/>