Don't Let April Showers Bring You Down

Spring has sprung and the warm weather is upon us. This season, get fit and stay healthy by making these simple changes a part of your daily routine.

1. Go for a Walk

Walking at least 3–4 hrs per week decreases your risk for type II diabetes by 54%.

Track your steps and make 10,000 daily steps your goal.

Did you know the Huckleberry Trail is a 6 mile path connecting Blacksburg to Christiansburg? Enjoy the blooming spring flowers and go for a walk on the trail with a friend.

Walking improves mood by releasing endorphins that trigger a positive feeling.

2. Stay Hydrated

As the weather heats up, our bodies lose more fluid through sweat. It is important to stay hydrated and drink at least 8 cups of water daily.

Use the hydration chart to see if your urine color is in the safe zone.

HYDRATION CHART

<table>
<thead>
<tr>
<th>Zone</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
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</thead>
<tbody>
<tr>
<td>Safe</td>
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<tr>
<td>Dehydrated</td>
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Try incorporating the following hydrating fruits and vegetables into your diet.

- Watermelon: 91.5%
- Tomato: 90.4%
- Cucumber: 94.5%
- Carrot: 91%
- Strawberry: 96.7%

3. Spring Clean

With finals right around the corner, take some time to clean your room and get organized. A clutter-free room helps reduce anxiety and stress.

Keep It or Lose It

Before heading home for the summer, go through your belongings and decide if you will use them next year. If not, donate clothes to a thrift shop and throw away any junk.

Yes, I'm Eating Smarter

Virginia Tech
Division of Student Affairs