



# **Final Springtime-Splash: Summary of Our Weekly Goals!**

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Splash!

Splash! Get, Fit, For You!

Final Springtime-Splash: Summary of Our Weekly Goals!

Welcome to the Final Spring-Splash!

As our Springtime comes to a close, let's review our Springtime Weekly Goals!

## 1. Catching up on our Sleep: Sleep is Healing!



## 2. Importance of Hydration: Prevention of Chronic Diseases!

## 3. Health Benefits of Spring Cleaning!

## 4. Benefits of Egg Nutrition: the "Seed of Life!"

## 5. Up Your Fitness Game for a Healthier Brain!

## 6. Importance of Feeding Your Brain!

## 7. Healing Benefits of Humor: Laughter is Good Medicine!

## 8. Health Benefits of Relaxation Techniques

## 9. Make Fitness a Priority: Get Moving with Aerobic Exercises!

## 10. Learn More about SPF's!

## 11. Tips for Preparing for a Summer Projects: Find Your Can-Do!

## 12. Health Benefits of Joint-Friendly Exercise Programs!

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So, long, Springtime! It's been fun!

See you this Summer!

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Just remember to review these weekly Spring-Splash-Goals, for your overall health!!

Seize the Day!

Holly Fairfield

Note: Please check individual weekly articles, for important Sources, References, Research Materials Warnings & Special Suggestions, Medical Recommendations!

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