



## Spring Into Energy

It's Spring! The sun is out and the days are longer, making it the perfect time to move a little more. After months of winter, many of us feel slower or low on energy. Small daily habits can help you feel stronger, steadier, and more lively.

### Five Energy Boost Tips

- 1 Move Daily:** Any movement, such as walking, stretching, or household chores, can help your body feel more awake and energized. Try to move a little each day.
- 2 Pace Yourself:** Break chores or daily tasks into small steps and take short rests in between. This helps keep your energy steady and prevents fatigue.
- 3 Fuel Your Body:** Eat protein-rich snacks like yogurt, cheese, or nuts, and sip water throughout the day. Staying nourished and hydrated helps keep your energy steady.
- 4 Get Sunlight:** Spend a few minutes outside or by a sunny window. Sunlight helps wake up your body, lift your mood, and support energy for the day.
- 5 Stay Social:** Spend time with friends, call a family member, or join a group activity. Connecting with others can naturally lift your energy and lift your spirits.

### HOW THERAPY CAN HELP:

Talk with your doctor to see if therapy could help you stay active and confident. Physical therapy improves strength and balance. Occupational therapy makes daily tasks easier and safer. Speech therapy supports memory and communication. Together, therapy can help you enjoy your favorite activities with more energy.

[insert your contact information, etc.]

[insert your logo]