

Spring Forward With Your Health This Year

Five things to do this spring for your health:

1. Stand up. Studies show that too much sitting is bad for your health. Standing up can help lower blood sugar, cholesterol, and waist size.
2. Be a role model. If you get moving, your kids are more likely to as well. How? Go for a bike ride together, kick a ball around at a park, or head to the local pool during family swim time.
3. Quench thirst with water. Skip the juices, soda pop, and sports drinks that are often packed with sugar and can lead to weight gain.
4. Diabetes? Get your retinopathy screening. This increasingly common health condition can cause retina damage. Screening will detect this, and your doctor can help you prevent more vision damage.
5. Get personalized advice. Go to our [Health Quiz](#) to see help determine how healthy you are and [Click Here](#) to schedule a free 15 minute consultation and get tips for how to improve your health, and lower your risk of certain diseases and conditions.

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Trainerly allows you to workout and exercise at your home, office, hotel room or pretty much anywhere in the world through live 2-way webcam. [Sign-up](#) for a free class with me today.



Your suggestions appreciated to make our business better. Please take the survey by [clicking here](#) and provide your input.

Want to know your metabolic power? [Click Here](#) to find out if your metabolism is working for you or against you.

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