



5 Easy Ways to “Spring” Back Into Health

Spring is the perfect time to refresh, reset, and recommit to the habits that help you feel your best. If your New Year’s goals have faded into the background, don’t sweat it. You don’t need a calendar milestone to make a change—you just need a moment of momentum. And what better moment than now?

The longer days and warmer weather can naturally inspire movement, healthier eating, and more mindfulness. Here are five small, practical ways to get back on track this season—no guilt trips, just progress.

Eat with the season. Spring produce is packed with flavor and nutrition. Look for asparagus, artichokes, peas, radishes, leeks, spring onions, spinach, arugula, rhubarb, and strawberries—fresh, flavorful, and packed with nutrition. When food tastes better and costs less, eating better feels easier.

THE ACTION: Each week, try one new in-season vegetable or fruit. Incorporate it into a mixed dish, like a stir fry; toss into a salad; or make it the star of your meal with a fresh recipe that appeals to you.

Drink more water. Warmer days can sneak up on you. Stay ahead of dehydration by sipping regularly, especially in the morning. Try adding lemon, cucumber, or mint if plain water gets boring.

THE ACTION: Aim for 6–8 cups of water each day. Start with one glass before coffee or tea each morning to build the habit.

Move in ways that feel good. Out with forced workouts and in with joyful movement! Think bike rides, jogs, or walks in fresh air, dancing in your living room, or digging in the garden. If it lifts your mood, it counts.

THE ACTION: Choose one enjoyable way to move your body and do it at least 3 times this week—even if it’s just for 10–15 minutes.

Make smart (and sustainable) food and beverage swaps. Choose whole wheat bread over white, roasted chickpeas instead of chips, or sparkling water instead of soda. These tiny changes can spark bigger shifts over time, making a lasting difference in your health.

THE ACTION: Pick one processed food or drink you have most days, and swap it with a healthier alternative for one full week.

Clean up your kitchen flow. A cluttered fridge or pantry makes it harder to see what you have, leads to food waste, and often pushes the healthiest options out of sight (and out of mind). If your space isn’t working for you, spring is a great time to refresh your setup.

THE ACTION: Pick one area—fridge door, pantry shelf, or your go-to snack drawer—and spend 10 minutes clearing out what you don’t use and making your healthy go-tos more visible

Healthy habits don’t have to be perfect. They just have to start. Pick one tip, try it out, and go from there.

Asparagus and White Bean Salad with Lemon Vinaigrette



This bright, fresh salad is perfect for spring. It's full of fiber and plant-based protein, easy to prep ahead, and great as a side or light meal.

Ingredients:

- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 1 (15 oz) can white beans (like cannellini or great northern), drained and rinsed
- 1 small shallot or $\frac{1}{4}$ red onion, finely chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice (plus more to taste)
- 1 teaspoon Dijon mustard
- Salt and pepper, to taste
- Optional: chopped parsley or basil for garnish

Tips:

- Add a handful of arugula or baby spinach for extra greens.
- Make it a meal: Serve over cooked farro or quinoa, or top with a hard-boiled egg or sliced avocado.

Instructions:

1. Bring a pot of water to a boil. Add asparagus and cook for 2–3 minutes until bright green and just tender. Drain and rinse under cold water to stop the cooking.
2. In a large bowl, combine the beans, chopped shallot or onion, and cooled asparagus.
3. In a small bowl or jar, whisk together olive oil, lemon juice, Dijon mustard, salt, and pepper.
4. Pour the dressing over the salad and toss gently to combine.
5. Taste and adjust seasoning with more lemon juice, salt, or pepper as needed.
6. Garnish with herbs if using. Serve chilled or at room temp.