

# Tips To Spring Clean Your Health Routine

(NAPSA)—Go beyond typical spring cleaning this year and pledge to get your family fit and healthy.

Dr. Joshua Riff, Target medical director, shares helpful tips to ensure health and wellness throughout the seasonal changes.

## Seasonal Sniffles

Is your nose sore and red from constantly blowing it? Many people think they have a reoccurring cold but it may actually be allergies. If you frequently suffer from symptoms, stock your medicine cabinet with over-the-counter medications before symptoms get severe.

Look to save on your supplies by purchasing private-label brands—such as up & up All Day Allergy Relief from Target. The quality is equivalent to that of national brands, yet you'll save on price.

Don't forget to address indoor allergens. Vacuum dark corners and under furniture to clean up small dust mites. Don't overlook where you sleep, as bedding and pillows can serve as allergen hosts. Wash sheets, pillow covers and bed skirt in hot water and replace pillows every five years. Also clean miniblinds thoroughly, as blinds are traps for dust mites. In addition to ensuring that you'll breathe easier, cleaning efforts can burn 200 calories an hour.

## Nutritional Super Foods

Spice up your summer salads and snacks with seasonal items. Fruits and veggies such as blueberries, strawberries, red grapes, alfalfa sprouts and dates are loaded with antioxidants that enhance the immune system. Not a salad fan? Add side items such



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as sweet potatoes or carrots, as they also pack antioxidants.

Add a healthy grill twist to your barbecue by replacing hot dogs and hamburgers with wild Alaskan salmon. Salmon is rich in omega-3 fatty acid, which studies show helps lower the risk of chronic diseases. Don't deprive yourself of snacks that aren't completely healthy—it's all about portion control.

## Get Outside and Exercise

If you're not up for a high-impact activity such as swimming laps or running on the beach, walking can be a great way to burn calories. Add simple extras every day, such as parking farther from an entrance, getting off the bus a few stops early or walking during your lunch break. Use a pedometer to track step progression and set goals. Start by aiming for at least 10,000 steps a day and continue to increase the number each week for a self-challenge.

Target is your one-stop shop with everything from exercise equipment to healthy snacks. Visit your local store or [www.target.com](http://www.target.com).