



# **FCSLA FRATERNAL OUTREACH IS ON THE MOVE IN 2010**


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## **DO YOU HAVE “SPRING FEVER”?**






### ***Signs of Spring Fever?***

-  You feel tired or drained as days get longer.
-  You have lack of energy.

### ***How do we cope?***

-  Be patient and give our bodies a few weeks to adjust and wake up from “hibernation”.

### ***How can we help our bodies to adjust?***

-  Keep a regular sleep schedule.
-  Eat a low fat diet.
-  Avoid alcoholic beverages.
-  Get regular exercise.
-  Gradually increase activity.

