

Put a spring in your step this Easter

SPRING is a time of new beginnings – so with this in mind – NHS 24 has issued a number of top tips for exercise this Easter.

The exercise campaign comes as part of the NHS' campaign: Be Health-Wise This Easter, run by NHS 24 on behalf of NHSScotland. The NHS encourages people take advantage of the warmer weather to develop exercise routines, as regular activity can reduce the risk of major illnesses, such as heart disease, Type 2 diabetes and cancer. NHS 24's Medical Director, Professor George Crooks explains:

“Spring is the ideal time to get out and about and make the most of the milder weather. It's important to make exercise fun so you don't lose motivation.”

“When starting any activity, you should warm up and not push yourself too far. It's a good idea to wear comfortable trainers, loose fitting clothing and keep reasonable expectations of yourself.”

“Don't get discouraged if you stop for a while. Get started again gradually and work up to your old pace and track and celebrate your success!”

General advice and information about healthy living [can be found here](#).

Further advice about healthy living over Easter:

Know when your GP will be open: It is worth knowing when your local doctors surgery will be open during April, as some practices close between Good Friday and Easter Monday (Friday 14-Monday 17 April 2017).

Restock your medicine cabinet: Many mild ailments, such as colds, can be treated without a doctor's visit using over the counter medications. It's worth checking that you have items such as painkillers and bandages and that they are within their sell-by date.