

Spring into Action
By Andrew Freirich

As spring arrives, the long hibernation of winter sheds itself from my body. My spirit yearns to explore the great outdoors again. My body readies itself for another season of nature, exercise and outdoor activities. The season of Spring, represents so many changes, new growth, energy, activity, and a sense of new beginnings. It's all around us. The warming rays of the sun, the friendly weather, nature's profusion of color, the sweet smell of flora all around us, the aroma of seasonal herbs, fruits and vegetables. This is Spring.

Spring is a time of the year, where we shed away the heavy clothes; a sense of newly found freedom arrives. We feel as if we are ready to go, somewhere, anywhere. We want to be active, and our bodies are ready. We remember back in time how the warmth of the season, meant swimming, recreation, barbecues, and much time spent with friends and friends. It was the prelude to summer. Spring for me, then and now, brings a friendly smile on my face.

Ready, on your mark, get set, go! It's Saturday morning, you can feel the crisp morning air, you take a deep breath, and your lungs are filled with excitement and anticipation. Your feet kick up the morning dew on the blades of grass. You hear the morning symphony of birds chirping. You and nature are ready to start your day. A smile crosses your face, and you know that enjoyment is just a few steps away. You feel that extra bounce in your step, surge of blood through your veins. You feel like a little kid again. What a feeling!

Finding this excitement and motivation, just takes one experience, and it will forever be remembered. Think back to the first time, you ran, jumped or played with effortless freedom. We were born to run, our bodies are built for exercise of all types. Then and now. If you already know this feeling, bravo ! if not, experiment, try new activities, join your friends, join activity clubs, and one day, that same smile, bounce in your step, surge of energy will become a part of you.

I like to head for the hills and mountains, walking, running, or even biking. Nature seems to have it's own healing powers, I befriended nature a long time ago, and it accepted my friendship with open arms. I have been fortunate to have traveled to many parts of the world, through my work as a television producer and for pleasure. I always knock on the doorstep of my good old friend., "Nature". I like to do a little research over the internet, which can supply you with a plethora of ideas, contacts, and exciting activities. Once you arrive, you have a flexible game plan. Costa Rica and Hawaii are two of my favorites. Two places that truly exemplify nature and outdoor activities.

You can research for information on Amazon.com for books, Google.com for literally hundreds of websites. Just type in activities and places that interest you. Be more specific with your entries and the search engine will locate accordingly. You would be surprised how much is going on in your local area. You can also read through local newspapers and magazines for what's happening locally as well.

Natures lessons

Many years ago, I began to look at nature and learn from it. My philosophy was that, if nature went through this metamorphosis of natural growth, re-growth, cleansing and newly found energy, I would do the same. If it worked for nature, well then it was good enough for me. I like to call it my "Spring Cleaning"

Spring Cleaning

Spring Cleaning, I think we have all heard those words, and most of us each year, go through the process of just that. We all do some type of spring-cleaning. It may be deep cleaning our house, cleaning out our closets, garage, office, or anything that has cluttered over the winter months. So the question is why not take the same interest in spring cleaning and cleansing our bodies. This also means shedding the extra weight. Be active, eat diets low in fat, limit your carbohydrates, indulge in the wonderful seasonal fruits and vegetables and drink plenty of water. There are many books and sources of information over the internet, but I find it's best to talk with a licensed nutritionist to help you get started.

An important component of Spring-cleaning is giving your body a chance to detoxify, which is a natural and beneficial process to living a longer and healthier life. I recommend a mini cleanse, something you can do over the weekend. The reason I like a mini- cleanse is that it is forgiving on the body. It is advised to detoxify mildly, before you take on a deeper form of cleansing. Just like workouts, start slowly. Once you have experienced a cleansing, it will inspire you to eat healthier, drink more water and juices, eat more fruits and vegetables and be more aware of what you consume.

Your body will thank you in many ways through out the day. It is best to see a licensed nutritionist, or licensed herbalist to discuss what form of cleansing is best for you. Always check with your doctor prior to any cleansing. Some popular cleansings include, juices, water and herbal combinations, teas, hydro -colon therapy and even sweat lodges or temescal. The temescal or sweat lodge is an ancient cultural cleansing of the mind, body and spirit performed by a Shaman, a religious and spiritual leader. If you can take the heat, I highly recommend this experience. I have done them many times, both in Sedona Arizona and in the Yucatan in Mexico. Not only did I feel physically refreshed; I was spiritually re-charged as well.

Contact:

New age Center, Sedona Arizona. (Request for recommendations)

Occidental Flamenco in Playa Del Carmen, Mexico

You can read up on temescal or sweat lodges, just go to www.google.com and type in those words.

Go to: www.amazon.com for related books, or your local bookstore, or health food store. You can also go on to www.google.com, just type in detoxification and cleansings, if you are more specific, you can even locate a local Nutritionist, or herbalist in your area. You can also check your local phone book, or directory.

I encourage you to Spring into action. Rejoice in the celebration of the season. I like to look at life as a never ending trail in which we walk, run, hike or bike on. During these times, we not only maintain a healthy body, but a healthy mind and spirit. Just put one foot in front of the other, and before you know it, you have experienced another journey.

Enjoy !

Short bio

Andrew Freirich is an award winning producer, director and writer of lifestyle and health and fitness programming for the past 15 years. His programming is broadcasted in over 60 countries around the world. He also partners with many global health organizations such as the World Health Organization and Pan American Health Organization among many others in promoting more physically active and healthier populations.