

# 1,000 HOURS OUTSIDE

## HEALTHY GROSSE POINTE HARPER WOODS

### SPRING IS HERE!

We made it through one of the snowiest winters on record, during a global pandemic, amidst homeschooling and working from home. On top of all that, maybe you even got a few more hours outside than your average. Pat yourself on the back!

#### BREAK OUT THE BIKES

B3 Bike Shop in Grosse Pointe Park is open and operating as usual. Take your bicycle in for a tune up before hitting the road, or stop by to grab a new one for the season!  
17020 Mack Ave.

#### VOLUNTEERS NEEDED

Maire Public School is participating in Walk, Roll, Bike to school day on May 5<sup>th</sup>. We are looking for volunteers to help at crosswalks, outline safe routes with chalk, and other fun and easy activities. If you have any availability between April 22<sup>nd</sup> and May 5<sup>th</sup>, email Genevieve at [gjones@michiganfitness.org](mailto:gjones@michiganfitness.org) to learn more.

#### SEED STARTING

Now is the perfect time to start seeds indoors! Nancy Weigandt, a gardening expert from Detroit Abloom in

Jefferson Chalmers, shared a few tips with us to get you started. Beans, brassicas, chard, Chinese cabbage, lettuce, spinach, and turnips can all grow in temperatures between 60-65 degrees. For optimum conditions, soak



beans, chard, and spinach seeds before planting. For more gardening tips, stop by Detroit Abloom and explore all they have to offer. You may even get a sneak peek at their Children's Garden coming this Summer!

#### STRESS AWARENESS MONTH

April is Stress Awareness month, sponsored by The Health Resource Network. A study conducted by the University of Michigan found that spending 20-30 minutes a day outdoors can reduce chronic stress levels. Add this to your list of reasons to get outside in April, and don't forget to track your hours!

#### QUARTER MARK CHECK IN

Are you tracking your hours? Send us a picture of your coloring page tracker, and we'll post them in our next newsletter!

