



## **Spring Into Action**

By Kristen Heim, Certified Yoga Practitioner  
Fiery Sun Fitness

Spring has begun to flourish bringing the allergy season and your fitness routine back into the swing. Now that we've been through the worst storm the area has ever seen are you wondering how you're going to get through the rest of spring and summer months when your allergies are starting up so soon?

Hay fever affects 10% to 20% of the U.S. population and is the most common allergic response in the country. The severity of your allergies will mirror the rise and fall of the specific allergen count to which you are allergic. Allergy shots, nasal sprays, and over-the-counter antihistamines may work for many.

A more holistic approach can help to prevent or reduce the effects of your allergies, too. Here are a few nutritional and exercise recommendations to help you through allergy season.

You might want to try getting some local raw honey or bee pollen. When people living in the same areas eat honey or bee pollen that was produced in that same environment, it can act as an immune booster.

Eat a few teaspoons daily of raw, unfiltered honey made close to your home. Some people are sensitive to it and may develop a slight reaction. This can happen, especially if one takes too much of it or increases their intake too fast.

Some recommended fitness poses to reduce the side effects of the allergy season:

### **Standing forward bend (Uttanasana)**

Standing tall with feet hip distance apart in mountain pose hands on the hips, exhale and bend forward from the hip joints. As you fold your torso forward bring your hands down your legs or feet slightly in front of you. With each inhalation lift the front torso a little and with each exhalation release into the forward bend. Stay in this position for a minute and feel the sinuses release.

### **Bridge Pose (Setu Bandha Sarvangasana)**

This helps expand the chest and lungs, giving you increased breathing capacity. Lying on your back with your knees bent and your feet on the floor, arms are activated and long with your palms down on the ground. Inhale and guide your tailbone up feeling each vertebrae moving up one at a time. Hold the position and continue to breathe. Exhale and guide each vertebra down slowly.

Spring into action and don't let hay fever cause you not to enjoy the outdoors, exercise and feel good through the seasonal change.