

FITNESS TIP



SPRING INTO VITALITY: Jim LaValle's Top Tips for Movement, Metabolism & Longevity

As the season shifts, it's the perfect time to reset your fitness routine with science-backed strategies that support energy, metabolism, and long-term health. Jim LaValle, RPh, CCN, shares his spring-ready formula:

MOVE WITH INTENTION: Just 150 minutes of moderate aerobic activity weekly can reduce all-cause mortality by 30%. Add short walks after meals—just 10–15 minutes—to curb post-meal glucose spikes and support metabolic health.

TAKE IT OUTSIDE: Exercising in nature improves mood, lowers cortisol, and increases vitamin D—all essential for cellular health and healthy aging. Natural light exposure also helps regulate your circadian rhythm for better sleep and energy.

BUILD CONSISTENCY, NOT PERFECTION: Daily, purposeful movement—even if it's low-impact—enhances insulin sensitivity, reduces inflammation, and supports mitochondrial function.

This season, think less about extreme workouts and more about alignment. Your biology is ready to move—match it with mindful motion, and you'll spring forward into sustainable vitality.