





American Cancer Society Circle Of LifeSM

Seasons of Food and Fitness Activity

Seasons of Food & Fitness	Spring – time of birth 	Summer – time of growth 	Fall – time of harvest 	Winter – time of rest 
Nature's medicine (e.g., maple sap, flax seed)				
Fruit / Vegetable (e.g., strawberry, asparagus)				
Meat / Fish (e.g., trout, pickerel)				
Activity (e.g., gardening, horseback riding)				