



# Did You Know...

## Winter Health Care Tips

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*There are several people, who look forward to the winter months eagerly because of the fun winter activities that they cannot engage in, during the rest of the year. Unfortunately, there are probably just as many people who dread the approach of winter because they consider this season to be filled with illnesses and ailments such as colds, coughs, fever, itchy skin and frost bite. Studies indicate that almost everyone suffers from a bout of cough and cold at least once during the winter season. Moreover, with snow and ice all around, it is quite common for people to sustain injuries too. To add to it all, most of us tend to eat more and exercise less, during the winter season, which again, can lead to health problems, especially in those who suffer from preexisting medical conditions.*

*Fortunately, winter need not be an unpleasant time for all of us. It is quite possible to make winter a wonderful time, filled with fun and joy, just by following certain tips of winter health care. Given below are some of the most common winter health care tips that are recommended by several health experts:*

### Drink a lot of water

Most people have the tendency to reach out for hot chocolate, coffee, tea or other such beverages, in an attempt to keep warm. In addition to all other beverages, it is important to drink at least 8 glasses of water in the day, which will flush out the toxins from your body and will reduce the possibility of an illness. This will also keep your body hydrated and will moisturize your skin naturally.

### Keep your skin moisturized

Apply a good moisturizer on your skin, at least three or four times each day. Skin care products with harsh chemicals should be strictly avoided. Instead, it is best to use economical products like petroleum jelly or mineral oil on the skin. For best results they should be applied on the skin, immediately after a bath, when the skin is still damp.

### Eat Healthy

There is nothing like reaching out for comfort foods like hot chocolate with cookies when you are cold. However, there are certain foods that are very healthy, but will keep you nice and warm during the winter. This includes oatmeal, warm skim milk, clear chicken soup, and so on.

### Dress Appropriately

People of all ages should dress suitably in the winter months, to avoid falling ill or getting frostbitten. Winter clothes generally include warm woolen jackets, overcoats, socks, gloves, shoes, mittens, cardigans and hats.

*Source: <http://www.home-remedies-for-you.com/articles/1381/wellness/winter-health-care.html>*

## Too Busy to Workout? There are solutions for that.

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In a perfect world, we'd all have at least an hour a day to devote to our fitness. But in the real world, 24 hours a day doesn't seem like nearly enough time to fit in work, school, and family. Stop stressing! Here, 10 ways to sneak a workout into your super busy schedule



### 1. Power up Your Stair Climbs

Instead of walking leisurely up a flight of stairs, gradually increase your speed and the number of stairs you take in one minute. Take two steps at once — if you're able to do it safely — and you'll target your glutes even more.

### 2. Commercial-Cizing

Can't miss your favorite TV show or the big game? Instead of sitting on the couch with your favorite snack food, mix up a tasty branch chain amino acid blend and exercise during commercials. Use bands, dumbbells or your body weight and select a quick exercise circuit. With every commercial, do as many reps or exercises as you can. In a 30-minute sitcom, you can get up to 9-minutes of exercise in.

### 3. Weekend Warrior

Use the weekend to make up for lost time. We often have a little more time on the weekends and more energy. Get a good 60-minute training session in, whether it's weights, aerobic, or a combination. An intense workout on the weekend will help reduce stress and improve well-being. Two, 60-minute weekend workouts and a 30-minute workout during the week gets you the recommended 150-minutes of weekly exercise.

Sources: <http://www.fitnessmagazine.com/workout/tips/workout-tips-for-busy-schedules/>



For Generations