

WHAT THE HEALTH!?



BEAT THE WINTER BLUES!



BUNDLE UP AND SPEND TIME OUTSIDE

STAY ON A SET SLEEP SCHEDULE



BRIGHTEN UP YOUR ENVIRONMENT

EXERCISE & MOVE YOUR BODY



DRINK WARM BEVERAGES



EAT A BALANCED DIET

PUT ON YOUR FAVORITE PLAYLIST

SPEND TIME BY THE FIRE



December 2022

Exercise looks different in the winter...



DRESS WARMLY, BE VISIBLE, & WEAR PROPER FOOTWEAR.

DON'T LET RESPIRATORY ILLNESSES TAKE YOU DOWN THIS WINTER!



Eat a well-balanced diet with fruits and vegetables.

Rest up! Aim for 7 - 8 hours of sleep each night to allow your body time to refuel.



Get vaccinated to protect yourself from severe illness from the flu and COVID-19.



Wash and sanitize your hands often and avoid touching your mouth, nose, and eyes.

Stay active. Even going for a short walk or moving around doing housework is good for your body.

Stay home if you are sick, and if you must go out, please cover your coughs & sneezes.



Help protect those who are more likely to suffer from severe illness including infants, seniors, and those with underlying health conditions!