

Cold...BRRRR...Weather Protocol's to Support Wellness Goals

As we experience shortened daylight and colder days, it makes good sense to have a plan that will help us continue on our wellness journey.

Below is a list of strategies compiled with the help of my coaching clients. Pick a few of these, or others, that you can commit to. Longer and warmer days are coming. Embrace the season.

Movement:

- Walk. Get outside during the warmest part of the day; commit to a temperature you will walk in (i.e. 30 degrees or above)
- The gym
- Yoga
- Take a new class with a friend
- Home Fitness (treadmill, yoga, etc).
- Get Out.... visit, shop, drive, etc.
- YouTube fitness videos. There is a plethora of them available; try something new.

Food:

- Hot drinks: tea, chocolate, coffee...enjoy. Keeps your hands and insides warm.
- Soup. Soup. Soup. Serve with good crackers or bread as a meal.
- Sheet pan meals. Easy. A good reason to have the oven on.
- "Make Your Own" night. Everyone pitches in and makes something for themselves (yes, they can do that).
- Baked fruit
- Healthy casseroles
- Crockpot It
- Foods high in vitamin D...and get some winter sun for D

Thoughts:

- Enjoy movies (while moving, maybe)
- Appreciate the season; embrace winter; Thanksgiving
- Enjoy that life is less busy (than summer) ...downtime
- Enjoy a fireplace when you can...be in the moment. Calm
- Thought download. Use winter as a good time to get in your own head and plan life with intention. You don't have to wait for New Years to make resolutions. Get a head start now.
- Read a good book (self-help maybe)
- Join or start a book club
- Make a "winter bucket list" now, and do those things.
- Be real with yourself...there are only 5 true holidays where extra food may be tempting, it's not 3 months.

Happy Holidays and Cheers to your good health (inside and out)!

Kathy Pennock, CHC
ACE Certified Health Coach
Clinton, Iowa
www.onward-wellness.com

(Disclaimer: this information is for educational purposes and should not override that of your healthcare provider)