

STAYING FIT IN WINTER: NEW SEASON, NEW OPPORTUNITIES

A Wellworks For You Blog

Though staying in shape should be a year-round goal, sometimes it's hard to stay motivated when the wind begins to blow and the temperatures drop. No matter where you live, winter can be gray, dreary, and cold. Seasonal depression or just the winter blues can keep you from being consistent with your fitness during the winter. We have some advice for anyone who wants to stay fit in winter. With a slightly different outlook, you can look forward to a new season and new winter fitness opportunities.

Remaining Motivated

The biggest obstacle to overcome to stay fit in winter is your perspective. It gets easier to justify not working out because it's cold outside or dark by the time you leave work. But remember why you got serious about your fitness in the first place. If you get the proper gear for the cold weather, you may find you enjoy being outside during the winter. Invest in the proper attire based on your geographical location.

Staying Fit in Winter Indoors

If you really hate the cold and can't stand the thought of exercising outside, use this opportunity to try something new. Get a gym membership and join a hot yoga class. Stay fit in winter by taking advantage of all the exercises, equipment, and classes that a gym has to offer year-round. If you don't want to spring for a gym membership, there are lots of online resources you can use to work out at home.

Winter Sports

The best thing about different seasons is different sports. If you like to be active and have fun at the same time, you can stay fit in winter by taking up a new seasonal sport. There are so many options including: Ice skating, Skiing, Snowboarding and Ice hockey.



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FEBRUARY HEALTH OBSERVANCE

Heart Health Month

February 1 – February 29

Did you Know?

Heart disease is the number one killer of both men and women. Heart disease can happen at any age, but the risk goes up as you age.

FEBRUARY IS HEART HEALTH MONTH

Centers for Disease Control and Prevention ([Click to read more](#))

Coronary heart disease (CAD) is the most common type of heart disease within the United States and is also the main cause of heart attacks. CAD is caused by buildup of cholesterol and other substances within the walls of the arteries that supply blood to the heart. High blood cholesterol is a major risk factor for heart disease and stroke and it is found in nearly 1 in 3 adults in the United States. It is hard to detect as it often shows no signs or symptoms. It is also the leading cause of death in the United States, causing about 1 in 4 deaths.

Know Your Risk for Heart Disease

While family history, age and lifestyle can contribute to heart disease, the three main risk factors include high blood pressure, high cholesterol and smoking.

Lifestyle behaviors can decrease your risk including eating a healthy balanced diet, regular physical activity, limiting alcohol and tobacco use.

Prevent Heart Disease

Take charge of any medical conditions including regularly checking your cholesterol, controlling your blood pressure, managing diabetes and taking all prescribed medications as directed. [Click to read more](#) from the CDC.



FEBRUARY IS ALSO CHILDREN'S DENTAL HEALTH MONTH

Centers for Disease Control and Prevention ([Click to read more](#))

Even though tooth decay—or cavities—has been on the decline for the past 30 years, it is still one of the most common chronic diseases for kids from age 6 to 19. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. Children who have poor oral health often miss more school and receive lower grades than children who don't.

Protect your child's teeth by following the tips below:

- Have your child drink tap water that contains fluoride. To see if your community's water is fluoridated, you can view your water system on CDC's [My Water's Fluoride website](#). You can also call your water utility company and request a copy of the utility's most recent "Consumer Confidence Report." This report provides information on the level of fluoride in your drinking (tap) water.
- If your drinking water does not have enough fluoride to prevent tooth decay (the optimal amount of 0.7 milligrams per Liter), ask your dentist, pediatrician, family doctor, or nurse if your child needs oral fluoride supplements, such as drops, tablets, or lozenges.
- Make sure your child brushes their teeth twice a day with fluoride toothpaste.
- If your child is younger than 2 years, consult first with your doctor or dentist regarding the use of fluoride toothpaste. Clean your child's teeth every day as soon as the first tooth appears by brushing without toothpaste with a small, soft-bristled toothbrush and plain water.
- If your child is younger than 6 years, watch your child brush their teeth. Make sure your child only uses a pea-sized amount of toothpaste and always spits it out rather than swallows it. Help your child brush until she/he has good brushing skills.
- Talk to your dentist, pediatrician, family doctor, or nurse about putting fluoride varnish on your child's teeth as soon as the first tooth appears.
- By the time your child is 1 year of age, the American Academy of Pediatrics' *Brushing Up on Oral Health: Never Too Early to Start* recommends that your child visit a dentist for an initial check-up.
- Your child's chance of getting cavities can be higher if:
 - Family members (older brothers, sisters, or parents) have cavities.
 - They eat and drink a lot of sugary foods and drinks, like soda, especially between meals.
 - They have special health care needs.
 - They wear braces or orthodontics or oral appliances.
 - If any of these apply to your child, be sure to talk with your dentist, pediatrician, or family doctor to make sure you are taking extra steps to protect your child's teeth.

Featured Recipe

LUNCH

HEART HEALTHY BEET-ALL PASTA SALAD

6 Servings

INGREDIENTS

- 2 cups cooked spiral, whole-wheat pasta
- 3 cups fresh baby spinach, shredded
- 1 12-ounce jar whole beets (1-1/2 cups), cut in half
- 1/4 cup chopped red onion
- 2 tablespoons chopped walnuts
- 1 tablespoon real maple syrup
- 1 tablespoon balsamic vinegar
- 1 teaspoon virgin olive oil



DIRECTIONS

Mix pasta, spinach, beets, onion, and walnuts in a salad bowl. Combine maple syrup, vinegar, and olive oil in a small jar and shake well. Pour over salad. Serve immediately or cover and refrigerate until you're ready to eat.

NUTRITION

Each serving contains about 123 calories, 4 g protein, 3 g fat, 0 mg cholesterol, 23 g carbohydrates, 3 g fiber, and 120 mg sodium.