



2022 WINTER WELLNESS NEWSLETTER

Staying Healthy: Winter Physical Activity Ideas

As fall comes to an end, it's time to welcome the winter season. As the weather gets colder and the holiday season approaches, it's time to think about some ways we can stay active. If you find yourself having a hard time deciding on how to stay active during the winter, try some of the activities in the table!

While exercising this winter, keep these tips in mind to help keep you safe and healthy:

Drink water - Even though it may be cold, it's important to stay hydrated!

Layer up - Wear layers while exercising outside to help prevent cold-related illnesses such as frostbite and hypothermia.

Take safety precautions - If you are exercising outside while it is dark, be sure to wear reflective clothing.

Outdoor Exercise	Indoor Exercise
Nature Walk	Workout circuits (Video workouts)
Running outside	Active Housework (vacuuming, sweeping)
Yard work (raking leaves)	Yoga

Staying Healthy: COVID-19, RSV & Influenza

You may have heard the phrase "tripledeemic" which refers to the potential rise in cases of COVID-19, the flu, and RSV (respiratory syncytial virus). Fall and winter tend to be seasons where infection rates increase. While each of these three viruses usually only causes mild symptoms, young children, the elderly, and the immunocompromised are the most at risk for severe disease. While it can be difficult to differentiate between each virus, the same precautions are useful in preventing the spread of all three.

How to protect yourself and your family:

- Wash your hands often, and encourage hand washing at home and in the community.
- Stay away from others when you are sick. Keep your child home from school if they are sick, and stay away from others who are sick.
- Vaccinate against COVID-19 and the flu. There is no widely available vaccine for RSV at this time.

See back page for a list of common symptoms of all three viruses.



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Common Symptoms:

- ◇ Fevers
- ◇ Chills
- ◇ Headaches
- ◇ Cough
- ◇ Muscle soreness
- ◇ Fatigue
- ◇ Vomiting
- ◇ Diarrhea
- ◇ Shortness of breath
- ◇ Runny nose
- ◇ Sore throat
- ◇ Loss of smell or taste (usually unique to COVID-19)

Always call your doctor if you or your child are experiencing persistent or severe symptoms. It may be necessary to call 911 or access emergency services in some cases- such as when experiencing shortness of breath, difficulty breathing, or color change.

Taking Care of You: Tips for Necessary Self-Care

"Self-care is not selfish. You must fill your own cup before you can pour into others" (Active-Minds Organization, 2022)

Finding time to devote to self-care can be a daunting task. With work, school, and family, time for self-care is usually overlooked. Self-Care is vital for mental and physical health as it can ease emotions and reduce daily stress. Look at these tips from the active-mind organization (2022) on ways to incorporate self-care:

1. Create Distractions– Find activities of interest such as exercise, reading a book, watching a movie, calling friends or family, going out to eat, etc.
2. Examine Your Emotions- Reflect to understand if your emotions truly align with the circumstances.
3. Set Aside Time for Self-Care- Plan a time, duration, and frequency to devote to a preferred self-care task.

Fun Winter Activities

Eventually, as the weather becomes colder, it may be difficult for families to find activities to engage in. Here are some family-friendly winter activities to try this season:

1. Game Night: Games like "Simon Says" and Charades require little to no special equipment and are games for the whole family to enjoy. Twister and Jenga are also fun games to get everyone involved.
2. Indoor Hopscotch: Use tape to create a hopscotch pattern on the floor. Enjoy and hop away!
3. Family Dance Party: Create a playlist of music with family members' requests, grab some glow sticks for fun and get the party started!
4. Family Recreation Centers & Libraries: Explore family-friendly community events and activities by reaching out to local libraries and recreational centers. You can find activities such as bingo & arts/crafts!
5. Family Fun Night: Create a jar filled with different activities such as skating, bowling, trampoline park, rock-climbing, etc. Have one person pull out a card and have the whole family enjoy a night out!

