

Healthy Habits



HOW TO EXERCISE SAFELY IN COLD WEATHER

Don't let chilly temperatures freeze your fitness routine! Staying active through the colder months offers many benefits, such as boosted immunity during cold and flu season, increased vitamin D, and relief from summer's heat and humidity.

While the arrival of winter may make it tempting to hibernate on the couch, the [American Heart Association](#) (AHA) recommends at least 150 minutes of moderate-intensity exercise per week to support your overall health and quality of life!

Prioritizing your safety is key, especially when exercising outdoors in chilly conditions. As you prepare your winter workout routine, keep these helpful tips from the AHA in mind:

- **Know the signs of hypothermia:** Shivering, drowsiness, and slurred speech are common signs of this dangerous condition, which arises when your body can't generate enough heat to stay warm.
- **Dress in layers:** Staying warm and dry is essential! Choose moisture-wicking activewear, fleece, and a thin waterproof layer instead of cotton to help prevent hypothermia and frostbite.
- **Stay hydrated:** Temperatures may be cool, but dehydration isn't. Drinking enough water before, during, and after your workout is just as important in winter as it is on a hot summer's day!
- **Exercise indoors when needed:** Is bad weather in the forecast? Don't sweat it! Try an at-home circuit workout, go to the gym, or walk around the mall to avoid exercising in heavy rain, snow, or freezing temperatures.



Winter wonderlands can make working out feel impossible! Watch this Mayo Clinic video for tips on healthy wintertime fitness.

If you completed a screening with Empower Health Services, explore additional health and wellness resources on [empower.health!](#)

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4 GROCERY SHOPPING TIPS FOR THE HOLIDAY SEASON

The hustle and bustle of December can make meal planning a challenge, but maintaining a balanced diet is key in preventing or managing type 2 diabetes. Without proper care, type 2 diabetes can increase the risk of heart disease, kidney failure, and other serious conditions. Prioritize nutrition this holiday season with [these smart grocery-shopping strategies](#):

- **Plan ahead with a shopping list:** Taking time to write out a shopping list can help reduce stress at the store and prevent overspending. Pick a couple of healthy meals for the week and grab those ingredients!
- **Stock up on seasonal produce:** Carrots, broccoli, and grapefruit are just a few examples of delicious wintertime produce to add to your plate! Fruits and veggies are freshest (and often most affordable) when they're in season. When buying canned or frozen varieties, choose options without added sodium and sugars.
- **Limit processed foods:** Pre-packaged foods are often high in saturated fats, sodium, and added sugars. While quick microwaveable meals may be convenient, they can carry hidden health risks. Try prepping meals in advance to avoid relying on processed options.
- **Balance your plate:** Fill half your plate with vegetables or salad, one-quarter with a complex carbohydrate such as sweet potato, brown rice, or whole-grain pasta, and the remaining quarter with a lean protein. Aim for a colorful mix!

DECEMBER RECIPES



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HAZELNUT ROASTED
BRUSSELS SPROUTS

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TURKEY BREAST

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LIGHT SCALLOPED
POTATOES WITH
ROASTED CHILES

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