



Blog Post for Healthy Living Rochester
531 Words

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Key words: health, heart health, Rochester, active lifestyle

Winter health

The leaves have fallen and the chill air nips at your cheeks. Once again, winter is imminent. When the snow piles up and the temperature falls below zero, it's tempting to stay inside with a warm drink instead of staying active. Add in all the food during the holidays and you're set up to gain weight and risk your overall health. Fortunately, it doesn't have to be that way.

Staying active in outdoors

Even if it gets cold outside, you can still stay active and maintain your heart health. You can take a brisk winter walk. Also, there are plenty of winter sports in the Rochester area that you can get involved with.

Staying active indoors

If the weather is keeping you indoors, there are still ways you can stay active. For example, you can purchase a workout DVD or home fitness equipment. If you're on a budget, there are still plenty of exercises you can do at home to maintain an active lifestyle, such as push ups, sit ups, or even just walking or running in place.

Winter safety

If you exercise outside, remember these points:

- Dress in layers. The first layer should be a material that draws moisture from your skin, such as polypropylene. The next layer should be an insulating material, such as wool or fleece. And the top layer should be made from weather resistant material.
- Wear adequate head covering. You lose most of your heat through your head.
- Keep a protective covering on your hands.
- Drink plenty of fluids. Whether the weather is hot or cold, you need to stay hydrated to exercise efficiently.

Tips for holiday feasting

Holiday parties at your family's homes, your friends' homes, in the office, or at your place of worship offer an abundance of opportunities to consume high-calorie treats. However, you can keep a healthy diet and not feel like you're missing out by following these simple tips:

- Eat a healthy meal before you go to the party. If you're not hungry when you go to the party, you are less likely to overindulge.
- Be aware of the calories in each holiday foods. For example, a quick internet search reveals that a slice of pumpkin pie has 323 calories. Armed with this knowledge, you will know what treats you should limit and which treats you can have more of.
- Partner up. Agree with a friend or loved one to hold each other accountable not to overindulge at the party.
- Be selective about what foods you get. If there is a large spread, there will likely be a selection of both healthy and unhealthy foods. Make sure you choose the healthy foods.



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Staying healthy in the winter

Winter is usually the time when colds and influenza spread. Wash your hands often when you go out in public. Also, consider getting a flu vaccine. That is an easy way to avoid getting the flu.

It's up to you

You don't have to gain weight this winter. By staying active and being aware of what you eat, you can maintain your heart health, avoid weight gain, and still have a happy and healthy winter season.