

Winter Workout



The beach is closed and your summer clothes are packed away, but that doesn't mean you should hibernate all winter. There are plenty of ways to stay warm, safe and active until spring:

- > **Embrace the snow.** Hit the slopes on your skis, snowboard or sled; build a snowman.
- > **Be careful.** Watch out for sleet, black ice and broken concrete.
- > **Bundle up.** Wear hats, gloves and wicking materials to stay dry and prevent hypothermia and frostbite.
- > **Use the gym.** Reintroduce yourself to the treadmill, exercise bike and swimming pool; sign up for an exercise class.
- > **Moisturize.** Drink plenty of water; use lotions and creams; apply sunscreen.

January

BLOOD DONOR MONTH — HOT TEA MONTH — HOBBY MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 Martin Luther King, Jr. Day	20	21	22	23	24	25
26	27	28	29	30	31	1

CONFIDENTIAL SUPPORT, EXPERT INFORMATION AND VALUABLE RESOURCES FOR EVERY ASPECT OF YOUR LIFE, AT NO COST TO YOU, 24 HOURS A DAY, 7 DAYS A WEEK.

For tips, tools and support, contact your **HealthyGuidance®** program. It's free and completely confidential.

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