

# Words of Wellness

January 2011

## WINTER WELLNESS

*Special thanks to Cathy Boudreau, Chantal Frenette, and Neil Boyce of District 2.*

### Ten Tips For Winter Wellness

1. Go for a walk even when the weather is really cold – your body has to work overtime to get warm and you may burn up to 50% more calories than you would on the same walk in summer! But remember, go a little slower until you get warm and keep up the hydration.
2. If you find it hard to get motivated to exercise in winter...just think of spring and how much harder it is to get back into shape rather than maintain your fitness throughout the winter.
3. Be aware of tendonitis and stress fracture if you don't exercise in winter and expect to pick up where you left off after a whole winter with no exercise.
4. Instead of picking up a cup of hot chocolate to keep yourself warm, try a herbal beverage.
5. Gain an interest in indoor sports as opposed to cycling and jogging outdoors. Don't forget that swimming at an indoor pool is an option for a great cardio workout!
6. The cold air and indoor heaters can dry out your skin. Make sure you drink at least 8 glasses of water each day and use moisturizers throughout winter.
7. Buy some indoor plants to soften up the dry atmosphere caused through heating. Indoor plants give off moisture and oxygen and the colours will brighten up a dull day outside.
8. Caught a cold or flu? If the infection is above the neck (nose, throat) you could be OK to complete a low intensity workout. However, if you have symptoms that are worse than an average cold (chest congestion, muscle aches), exercise will only make you worse and delay your recovery. Rest is the best medicine.
9. Wear the right clothes when exercising in winter. Polypropylene is the perfect fabric to wear underneath a tracksuit, which will provide great insulation but minimize moisture loss. Gore-Tex is a fabric used widely for providing protection from the rain and wind.
10. Feel like sitting on the couch with a video and snacking on a cold, wet day? Reach for a protein bar or packet of soy nuts instead of high energy, high fat snacks.

### Avoid Winter Sadness

Harvard Medical School reports that 10 percent of depression cases result from winter depression. Even if your students aren't coping with depression, they might feel a little down now that the holidays have passed and dreary weather has arrived. Brighten their spirits with an uplifting bulletin board. Spending time outdoors and exposure to sunlight can reduce feelings of depression, according to Harvard, so create a cheerful bulletin board in the classroom. Include pictures of the sun, clear skies and rainbows. Have students draw an image of their favorite outdoor activity, and display it on the bulletin board.

*"Have faith in you, you won't let yourself down"*

### Ways to relax during the day:

- look up a relaxation meditation video on Youtube
- drink a glass of water every hour
- walk around outside for 5 minutes every 2-3 hours
- stretch in the sunlight or while looking out a window every 2-3 hours
- write in your journal • take a long bath • light scented candles •
  - listen to music • play with your pet • watch a comedy •
  - savor a warm cup of green or red tea •

### Crockpot Oatmeal

#### Recipe

- 2 cups steel cut oats (not instant or rolled oats)
- 6-8 cups water, depending on how long the oatmeal will cook
- 1 tsp. cinnamon
- 1/2 cup brown sugar
- 1 tsp. vanilla
- 2 apples, peeled and diced
- 1 cup raisins
- 1 cup sliced bananas
- 1/2 cup chopped walnuts

Spray crockpot with nonstick cooking spray. If you're planning to cook the oatmeal 8 hours or longer, use 8 cups of water. If you want to cook it less than 8 hours, use 6 cups of water. Put first seven ingredients (through raisins) in slow cooker and cook on low. Just before serving, Stir in bananas and walnuts. Sprinkle with additional brown sugar if desired. Serves 8.



### January Humor

Three older gentlemen were discussing the trials of aging. One said, "You know, sometimes I catch myself with a jar of mayonnaise in my hand in front of the refrigerator and can't remember whether I need to put it away or start making a sandwich." The second old guy chimed in, "Yes, sometimes I find myself standing on the landing of the stairs and can't remember whether I was on my way up or on my way down." The third oldster responded, "Well, I'm glad I don't have that problem, 'knock on wood'," rapping his knuckles on the table. He then stood up and said, "That must be the door. I'll get it."

There's an old saying that says..."If the first thing you do when you wake up in the morning is eat a live frog, then nothing worse can happen for the rest of the day!" Well, I don't know about you, but I think that's a pretty safe assumption.

Brian Tracy, in his book ***Eat That Frog!*** says that your "frog" should be the most difficult item on your things to do list, the one where you're most likely to procrastinate; because, if you eat that first, it'll give you energy and momentum for the rest of the day. But, if you don't...and let him sit there on the plate and stare at you while you do a hundred unimportant things, it can drain your energy and you won't even know it.

So, here's your assignment: for the next 30 days take a look at your list, circle the frog, and eat that first. You'll thank us for it.