

Winter Activities for Health!

Every winter we seem to dread the long months ahead. This year we want to give you some good ideas to make those winter months fly by!

Get outside! Make sure you **dress warmly** so you can actually enjoy the time out in the cold. **Whenever you have a sunny day get out and soak up that sun! It will make you feel better as the sun has that effect on our body.**

As we get older we cannot do some of the winter sports like skiing or snowboarding but nothing says we cannot go try cross country skiing. And maybe sledding might be too much for you but how about an afternoon out at a farm that has horse-drawn sleigh rides. **And again the simplest form of outdoor fun can be a walk in the park.**

Skating can be a great way to enjoy an afternoon in the sun or maybe you have an indoor skating rink where you can put on a pair of ice skates or maybe roller skates. **The idea is to get some exercise so you pump up your heart rate!**

Maybe outdoor sports are not your thing ... well then get out to the indoor malls and join one of the walking clubs they have all year round. The malls are open early for this kind of activity. Another indoor activity could be an Exercise class, there are many wonderful classes that range from stretching, aerobics, pilates or maybe even some weight lifting. Some other great indoor activity are dancing or swimming. Look up your neighbourhood community centre to see what they offer during the long winter months. **The winter will fly by if you stay active and your health will benefit from this too!**

Another thing you need to do this winter is to make sure you are eating well!

1. Make sure you add juicing to your daily routine and if you find juicing too difficult and time consuming then take our JuiceMax products (BarleyMax, CarrotMax and BeetMax) 3-5 times each day to boost your immune system to keep you well.
2. Have a Smoothie each day with some Essential Protein powder added to give your bones what they need.
3. Make Salads a big part of your diet.
4. When eating cooked food soups and stews are easy to make and can be made in large quantities and frozen for easy meals.

And last make sure you get enough Rest. Our body can only repair itself when we are sleeping so make sure you get to bed at a good time each day.

