



"Your Local
Health Department"

NEWS RELEASE
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Branch - Hillsdale - St. Joseph Community Health Agency

570 N. Marshall Road
Coldwater, MI 49036
(517) 279-9561
Fax (517) 278-2923

20 Care Drive
Hillsdale, MI 49242
(517) 437-7395
Fax (517) 437-0166

1110 Hill Street
Three Rivers, MI 49093
(269) 273-2161
Fax (269) 273-2452

www.bhsj.org

Rebecca Burns, Health Officer
517-279-9561, ext. 0148#

Nana Amaniampong
Health Promotion and Education Coordinator
517-279-9561, ext. 0144#

FOR IMMEDIATE RELEASE

Making Healthy Lifestyle Adjustments in the Winter

As we enter the new year, this is an opportunity to make 2018 your healthiest year. When the temperature drops, people become less active and tend to use that as an excuse to stay in, bundle up and enjoy their favorite snacks. Over time these bad habits can be harmful to your health. Here are some tips to help you get your new year off to a healthy start:

- 1. Stay active:** being active in the winter can help make up for eating more than you normally would. Examples of some activities you can take part in during the winter season include: going for a brisk walk, shoveling the snow off your driveway and going for a light jog. If the weather is too cold or not too pleasant, go for a walk in the mall or signup for an indoor activity or class like yoga at your local gym or community center. Being physically active in the winter can help boost your immunity during cold and flu season and also reduce your risk for chronic illnesses. Also, being active in the winter time is a great way to wake you up and get fresh air to start your day.

2. **Eat healthy:** eating healthy is all about balance. You can enjoy your favorite foods in small portions and balance them out with healthier foods. When preparing your meals, add more fruits and vegetables and less carbohydrates. Instead of preparing fried foods, try baking or grilling your foods. Try substituting fatty meats with dried beans, avoid eating snacks high in sodium and sugar and eat more nuts. Try eating lean meats, poultry, fish and eggs and avoid foods that are high in saturated fats, trans fat and cholesterol.
3. **Plan activities that don't involve eating:** in addition to meeting your friends for lunch or coffee, find an activity to do such as ice skating, bowling, sledding, snowboarding or skiing. These are all great activities to help keep you and your body moving.

For more tips on how to stay active and healthy in the winter, visit the Center for Disease and Control at www.cdc.gov/features/stay-active/index.html?permalink=8644702. Be sure to visit our website at www.bhsj.org and our Facebook page at www.facebook.com/bhsjwic.