



Be Well, Live Well, Stay Well

WELLNESS UPDATES

Winter Wellness Options

Too Cold to Get Outside? Try at Home Exercises

If the weather outside is less than ideal, don't let that stop you from staying on track with your exercise routine. Try one of these options:

- Online exercise classes: You can find everything from chair yoga to strength training to heart pumping dance aerobics classes. Guaranteed to prevent boredom in your routine.
- Stretching and balance exercises: Try some simple exercises to improve your flexibility and balance (see Fall Prevention handout).
- Body-weight Resistance Training: No equipment necessary and body weight workouts are one of the best ways to counteract the effects of muscle atrophy in older adults.



Winter Fitness Safety Tips

Source: Winter Fitness: Safety tips for exercising outdoors. <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20045626>

Winter weather doesn't have to mean losing your fitness routine. Follow these simple tips to stay active, motivated and warm.

- * **Check weather conditions and windchill** - If the temperature moves below zero F (minus 18 C) or the wind chill is extreme, consider choosing an indoor exercise instead. If it's raining or snowing wait for a break in the weather or wear waterproof gear.
- * **Know the signs of frostbite and hypothermia**
 - ◆ Frostbite is most common on exposed skin, such as your cheeks, nose and ears, but can also occur on hands and feet. Early warning signs include numbness, loss of feeling or a stinging sensation. If you suspect frostbite, immediately get out of the cold and slowly warm the affected area — but don't rub it because this can damage your skin. Seek emergency care if numbness doesn't go away.
 - ◆ Hypothermia is abnormally low body temperature and older adults and young children are at greater risk. Signs and symptoms include intense shivering, slurred speech, loss of coordination, and fatigue. Seek emergency help right away for possible hypothermia.
- * **Dress in layers** - Start with a thin layer of synthetic material which draws sweat away from your body. Avoid cotton, which stays wet next to your skin. Next, add a layer of fleece or wool for insulation. Finish with a waterproof, breathable outer layer. During exercise remove layers and replace them as needed.
- * **Protect your head, hands, feet and ears** - Your head, hands, feet and ears are more vulnerable to frostbite because, when it's cold, blood flow is concentrated in your body's core.

Healthy Holiday Eating Tips

Source: *5 Healthy Eating Tips for the Holidays*. <https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

Holiday-Proof Your Plan

- Stay on your regular eating schedule
- Bring a healthy dish to the party
- Save room for dessert by cutting back on other carbs like bread
- If you slip-up make your next meal healthy

Out-smart the Buffet

- Use a small plate and eat slowly
- Start with vegetables
- Avoid or limit alcohol

Fit in Favorites

- Enjoy the foods you love in small portions and take time to truly savor what you're eating

Keep Moving

- Activity is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year

Get Your Zzz's

- Being sleep deprived tends to lead to eating more and preferring high-fat, high-sugar foods. Aim for 7 to 8 hours per night to guard against mindless eating

- * **Don't forget safety gear and sunscreen** - Reflective clothing, helmets, and high traction shoes are just some examples. Plus, it's as easy to get sunburned in winter as in summer. Wear a sunscreen that blocks both UVA and UVB rays and a lip balm with sunscreen. Dark glasses or goggles will protect your eyes from snow and ice glare.
- * **Drink plenty of fluids** - You can become dehydrated in the cold from sweating, breathing, the drying power of the winter wind and increased urine production, but it may be harder to notice during cold weather.

Managing Holiday Stress

Sources: *Stress, depression and the holidays: Tips for coping*. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

Learn to recognize your holiday triggers, such as financial pressures or personal demands, so that with a little planning and some positive thinking, you can find peace and joy during the holidays.



- * Acknowledge your feeling and reach out if you feel isolated
- * Be realistic - holidays don't have to be perfect or follow every tradition
- * Set aside differences - accept family and friends as they are and address grievances at a more appropriate time
- * Plan ahead and stick to a budget
- * Learn to say no and take time for yourself when possible
- * Don't abandon healthy habits - over-indulgence only adds to holiday stress
- * Seek professional help if you need it

UnitedHealthcare® Medicare Advantage Benefits

Take advantage of your annual health exams and follow up with your healthcare provider if any changes or symptoms occur.