Top 10 Ways to Beat the Winter Blues

#1 Catch some Rays

- Sunlight may help to increase production of the mood enhancing neurotransmitter Serotonin.

- Sunlight also helps increase Vitamin D concentration in the body which is required for the absorption of Calcium.

- Calcium is an essential to maintaining total body health and is necessary for maintaining bone strength.

- In addition, calcium is used during muscle contractions, blood clotting and maintenance of cell membranes.
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#2 Exercise

*Exercise can provide positive health and psychological benefits to help attack the blues including:

😊 Decreased Blood Pressure
😊 Increased weight loss
😊 Decreased abdominal fat
😊 Decreased insulin resistance
😊 Boosting Self Esteem
😊 Boosting Confidence
😊 Boosting your mood

(**May even provide health benefits for Fido**)
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#3 Maintain a Balanced Diet

Try to maximize consumption of the following foods:
- Low fat meats (chicken, fish and lean beef)
- Low fat dairy products (1% or skim milk, low fat yogurts)
- Whole grains (brown rice, oatmeal, whole wheat breads & pasta)
- Fruits (citrus fruits, dates, apples)
- Vegetables (brussel sprouts, lettuce, turnips)

Try to minimize consumption of the following foods:
- Rich bakery foods (donuts, sweet rolls)
- Fried snacks (potato chips, Doritos, tortilla chips)
- High fat dairy products (whole milk, ice creams, butter and regular cheese)

😊 It may be cold outside but good nutrition should never hibernate! 😊
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#4 Limit Caffeine Consumption

- Drinking too much caffeine can leave you feeling down by the end of the day and may disrupt sleeping patterns.

- Try substituting caffeinated drinks with noncaffeinated herbal teas, hot cider and decaffeinated coffee to stay warm during the winter months.
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#5 Paint a rainbow on your plate

Be sure to eat at least 5 fruits and vegetables each day to maintain optimal nutrition

Paint your plate with these colorful fruits and vegetables,

- apples, cherries, tomatoes, beets
- oranges, tangerines, squash, carrots
- bananas, lemons, corn, yellow potatoes
- limes, kiwi, collards, lettuce
- blueberries, plums, eggplant
- grapes, blackberries, purple cabbage
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#6 Limit Your Consumption of Alcohol

Limit your alcohol consumption to no more than 1 alcoholic beverage for women and 2 for men.

Consuming amounts above this limit can have negative health implications and leave you feeling blue! ☹

1 serving:

12 oz of beer

or

4 oz wine

or

1 oz liquor
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#7 Stretch

Stretching daily will provide the following physical and psychological benefits to help beat the blues:

♥ Lengthen Muscles
♥ Prevent Injury
♥ Increased Mental and Physical Relaxation
♥ Increased Energy !!!
♥ Decreased Muscular Soreness after Exercise
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#8 Stay Hydrated

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Try to drink at least 8 glasses of water each day

Drinking water helps to keep skin glowing and healthy

Drinking water aids in the removal of toxins and waste from the body

TIP: Try adding a slice of lemon or lime to your water for increased flavor

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#9 Catch some Z Z Z Zs

Getting a good night’s sleep is nutrition for the brain!

Adequate sleep will result in:

- Increased concentration
- Better performance at work
- Increased immune function
- Increased energy
- Serve as a mood booster.

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#10 Laugh

Laughter can help to decrease stress hormone levels and lighten mood if done often 😊

“Laughter is the sun that drives winter away from the human face.”

~ Victor Hughes

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