

5 Tips for

Winter Wellness!

1

Extra Sleep



Make Time for Sleep

With the shorter, cooler days and longer nights, our bodies naturally need more sleep. Try going to bed 30 minutes earlier in the winter months. A sleep deprived body is more susceptible to illness.

Eat Protein at Each Meal

Protein helps keep blood sugar levels stable and can reduce sugar cravings. During the winter, too much consumption of carbohydrates and sugar can compromise the immune system. Add protein to each meal to satisfy your appetite.



Eat Protein

2

3

Add Whole Grains



Embrace Whole Grains

Whole grains such as oatmeal, brown rice, and whole-grain bread are rich fiber sources. Adding these foods to your diet may help protect against heart disease, diabetes, digestive disorders, and some cancers.

Focus on Fruits & Vegetables

While supermarkets offer less produce this time of year and your garden is covered in snow, it's more important than ever during winter to eat a wide range of fruits and vegetables every day. Pack in the produce to help prevent disease, give you more energy and stop weight gain.



Fruits & Veggies

4

5

Stay Active



Get Outside & Exercise

It's important to remember to stay active during the winter months. Bundle up and take a walk. Even a 15-minute walk can make a difference. Exercise naturally supports a healthy mood and energy levels.

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