



Wishing you a happy,
healthy New Year in 2017



Make 2017 a "Win-Win"

Eliminate fake foods and synthetics.

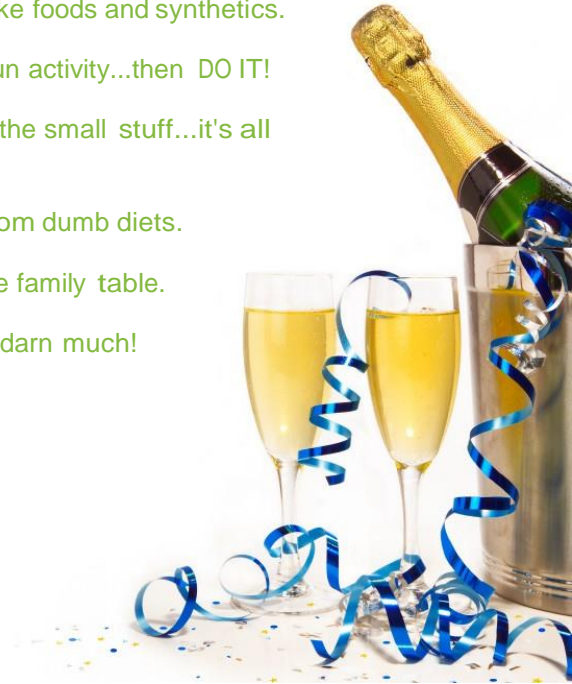
Find some fun activity...then DO IT!

Don't sweat the small stuff...it's all small stuff.

Stay away from dumb diets.

Return to the family table.

Don't eat so darn much!



How are you supposed
to exercise in this
wicked cold weather?



Rules for the wintry workout.

- 1. There is no bad weather...**
only bad clothing, so layer up on the legs, trunk and especially the head
- 2. Walking in the snow...**
it actually burns MORE calories
- 3. Drink water...**
dehydration is worse in this weather
- 4. Do indoor stuff...**
basketball, dance, swim, bowling
- 5. Skiing...**
gives you an awesome leg workout
- 6. Snow shoveling...**
a boring chore, but
a good upper body
and arm workout





The long, dark days of winter
don't have to get you down



Don't get S.A.D. (Seasonal Affective Disorder)

1. Know that S.A.D. is absolutely normal.

Bad moods happen in the winter. Practice shaking it off, like snow on your back.

2. Don't wallow in negative thoughts.

They'll take you under. Focus on what you're grateful for.

3. Don't "cave" like a bear.

Isolation is a bad thing for S.A.D. Get out and do something with your peeps.

4. Move.

Moving is the best way to shake S.A.D.

5. Sit in bright light.

Even week tepid sunshine helps.



January Nutrition

The foods you need in the wintry winter weather



Your best winter D-FENCE Comes from your foods

Normally VitaminD comes from the sun. But winter sun is too wimpy! So make sure you include the foods below to get your vitamin D!

1. Fish, Fish, Fish, Fish, Fish
2. Soy Stuff
3. Dairy Everything
4. Liver (Ewww!)
5. Eggs
6. Shrimp
7. Shitake Mushrooms

