

## **CPBC February Health and Wellness Moment: Winter Wellness** **Sponsored by the Health and Wellness Ministry**

**Winter is a great time to take stock of your health.** The winter months and the start of the new year is a time for rest and reflection, refueling and preparing for the year to come, and evaluating your health to bring greater wellness and balance. During this season – the coldest time of the year, we often turn to warmer beverages, soups, stews, hearty vegetables and heavier meals for nourishment and hydration. What are some of your favorite things to eat during the winter months? Share a recipe for the CPBC [cookbook](#).

Some tips to stay healthy and safe during the winter:

1. Hydrate with warm beverages (e.g., herbal tea).
2. Boost your immune system with soups and stews made with root vegetables (e.g., carrots, potatoes, onions, garlic, ginger, turmeric, sweet potatoes, fennel, ginger) and leafy greens.
3. Get some sun on your face (with less sun exposure, you may not be getting enough vitamin D. Salmon, tuna, cheese, and eggs are good sources of vitamin D).
4. Rest and relax (read something new, start a new hobby).
5. Get adequate sleep (aim for 7 to 9 hours each night) and snooze electronics.
6. Move more (aim for 30 minutes throughout the day; move away from computer and TV every 30 minutes and during commercials).
7. Minimize stress and mind your mental and emotional health (stomach issues, hives, and even heart disease, are linked to the effects of emotional stress).

Let's not forget the safety tips to minimize the spread of the coronavirus and reduce the risk of contracting COVID-19

- Wear your mask (completely cover nose, mouth and secure under chin).
- Wash your hands.
- Keep your distance.
- Stay home if you are sick.
- If you are not fully vaccinated, discuss with your doctor about risk/benefits of vaccination.

**Want more health and wellness tips, join the**  
**[CPBC Health and Wellness Ministry Facebook group](#)**