

IN THE KNOW ABOUT NUTRITION

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KEEPING YOUR MIND AND BODY GOING IN THE COLD WINTER MONTHS!

As the weather gets colder it is often difficult to keep busy. The streets and sidewalks may be icy. It is cloudy and cold. Who wants to go outside?

It is important to keep active in both mind and body to be sure we are ready to get out once the weather warms up. There is a lot we can do to keep going during the winter months. Here are some things to keep you and your friends busy until spring.

Use a fitness video

There are lots of options out there for finding a video that you can follow along with regardless of your situation. You can always go with the old reliable and use a DVD. You may already have some around the house or there are other options as well. On-line sites like YouTube offer lots of different types of videos. By putting in a few keywords there is everything from chair exercises to yoga videos and everything in between.



Grow something green



Even when it is cold outside, there are plenty of plants that grow well indoors during the winter. It could be as easy as a quick trip to your local home and garden store on one of those nice days. Doing a bit of indoor gardening is a great way to relax while getting your muscles moving. You could even grow some herbs to use in your favorite meal.

Play a board game with friends!

On one of those cold days, how about an afternoon with friends rolling the dice and moving around the board. There is nothing like keeping your mind working while trying to figure out how to beat your friends. It could be something fun like a crazy game of Shoots and Ladders or really getting the brain working with a game of chess, Scrabble or Monopoly.



Get crafty with your memories.

As we move through life, we tend to collect a lot of photos and mementos. How about spending time sifting through some of your most cherished memories and experiences while getting creative and putting it all together in a scrapbook that you can share with your family or friends.



Get up and move

When the weather is cold one of the best ways to spend the day is curled up with a good book or finding a good movie to watch. To keep from being sedentary, get up and move around the house at the end of each chapter or during commercials. Maybe go up and down the stairs or go to the other room to stretch. Even little things help to keep from being sedentary and keep those muscles moving.

Color you world

Something that has grown in popularity in recent years is coloring books for adults. They can be found in a lot of places these days from the grocery store to your local bookstore. Grab some colored pencils or pens and make something beautiful. Coloring has been found to be a great stress reliever and helps to keep hand-eye coordination sharp.



Write a letter

In these days of email and text messaging, sitting down and writing is something that is going the way of the VCR or cassette player. If you ask younger generations, they may not even know what these things are. Imagine their surprise if an old-fashioned letter from you showed up in the mailbox. Maybe you could even start writing regularly. Sitting down and putting words to paper, really thinking about what you want to say is a great way to focus your thoughts. If you really want a challenge do not correct anything but start over if the words do not land on the paper right.



Puzzle it out

Putting your mind to work on making all the pieces go can take up a lot of time and keep your mind busy during those cold winter months. Challenge yourself with difficult puzzles. Do not stop there though. Sudoku, word searches, and crosswords are great also.



Heat up the kitchen

How long has it been since you got into the kitchen and really went to town? Often times, for convenience and ease we tend to eat a lot of the same things over and over. One last suggestion for ways to keep yourself busy on those cold winter days is to challenge yourself with a new recipe. Break out an old cookbook and find something new that will challenge you in the kitchen. Look around online for something you have never tried before. Treat your taste buds to something delicious.



Keep on smiling!

The cold winter months can be kind of tough sometimes. We often just want to sit around and keep warm. By keeping yourself busy, keeping your mind working and your body moving you will find the winter goes a lot faster.



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Source: Steve Gilmore, Dietetic Intern, Texas Tech University 2018

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