

Optimal primal health

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# NewsLetter

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## Winter is just around the corner

### Strategy and tips for success in the winter months

It's easy to enter hibernation mode when the cold weather & dark nights are just around the corner. Throw a baggy jumper on and it's an invitation for motivation to hide there too!

REMEMBER THIS: summer bodies are made in winter. Now that's not me telling you that you need to ramp up efforts for the next 8 months, in preparation for the summer days, but a note of advice to not let your efforts go just because you can hide behind oversized warm clothing and stay indoors.

It's easy for anyone to fall into a depressive frame of mind when your going to work in the dark and coming home in the dark! Get as much daylight as you can to avoid any effects of SAD syndrome - Seasonal Affective Disorder.

### Stay active

Keep healthy and active as much as you can over the winter months. Set yourself a goal, perhaps with a friend to keep accountable. Exercising outside can be invigorating and enjoyable - just make sure you are appropriately dressed for it and go prepared!

### Stay in touch

It's really important to keep social contact as much as possible in the dark days to stay motivated - and happy! Schedule that lunch time walk in (with a nice coffee perhaps) with a friend or arrange an evening exercise class together to get out the house. Socialising is good for mental health and can help keep the winter blues away.

### Stay positive & motivated

With the lack of sunlight it lowers our mood and drops positivity and motivation. When we get demotivated we can crave comfort food - high in sugar and highly processed. Prepare healthy meals and snacks to help keep you on track and make sure you are getting adequate vitamins and minerals with a supported diet.