

Staying Healthy During Winter

As the weather cools down and the days shorten, it can become increasingly difficult to maintain healthy behaviours such as exercise and good diet. We often feel less motivated during winter. It can become quite difficult to leave the warmth and comfort of bed in the mornings or find energy in the evenings. Despite this, healthy habits are vital in winter. Warding off colds, flus and infections starts with a strong immune system. Achieving this means eating well and staying active. Below are some tips for eating healthier at work and maintaining activity during these colder months.

Create a healthy-eating workplace:

- Try soup, salad or curry days, where people are rostered on to bring in a meal once a month to share.
- Celebrate all the month's birthdays on one day, rather than having cake every few days!
- Lunchtime can be about moving as well as eating. Start a group walking club during lunchtime, after work, or why not try a walking meeting.

Make your meals healthier:

- Have at least three types of vegetables/salad items in your lunch.
- Add legumes (e.g., lentils, chickpeas) to lunches for protein, carbohydrate and fibre.
- Freeze left over meals for snacks or lunches.
- Frozen vegetables are still healthy and can save time.

Save time:

- Cook extra on weekends and freeze or refrigerate for later in the week.
- Buy pre-cut meat.
- Set the slow cooker in the morning, or overnight, ready for the evening meal.
- Marinate meat, fish or tofu the night before or in the morning.
- Plan your meals for the week in advance.

Quick meal ideas:

- Baked fish (wrap in foil and have everyone add their own flavours), roasted potatoes, three vegetables.
- Chicken (or chickpea) and vegetable curry (can use jar paste) with couscous, quinoa or brown rice.
- Chilli con carne (kangaroo mince makes a good batch), with salad and rice. Or make burritos!
- Falafels, beef or lamb marinated kebabs with souvlaki bread and salad.
- Baked chicken breast topped with grated zucchini and feta cheese with roast carrots and mashed potato.

Tips for a good sandwich or wholegrain wrap:

- Salad: At least three salad items (e.g., lettuce, tomato, spinach, onion, avocado, bean shoots).
- Protein: At least one protein source (e.g., chicken, turkey, fish, egg, legumes, tofu).
- Condiments: Add flavour with fresh herbs, mustard, pickles, hummus, pepper.
- Bread: Vary types of bread. A large bread roll is like eating three slices of bread. Toasting your sandwich is a great winter warmer! Just remember to add the vegies.



Why staying active in winter is important:

- To retain the benefits of physical activity, exercise needs to be constant. Dropping off in winter causes a loss in fitness, and by extension, a dip in health.
- Staying active in winter prevents weight gain, as well as aches and pains associated with being sedentary.
- Winter often means colds and flus, and other viral infections. Maintaining a healthy lymphatic system is important for preventing infections and exercise is key to achieving this.

Other tips for staying healthy during winter:

- Drink plenty of water: In summer, the hot weather reminds us that we are thirsty. During winter, it is easy to forget to stay hydrated. Drinking plenty of water will help to keep your skin healthy, flush out toxins and ward off winter bugs.
- Stay warm: The cold is especially dangerous to those of us that are older or experience chronic health conditions, including asthma. It is important to stay warm in winter by drawing curtains closed, blocking draughts, eating regularly and having warm drinks throughout the day. Soup is perfect for this, as it is a hearty meal, warm, and packed with nutritious goodness

Staying active even when it's cold outside

In Australia, we are lucky to have winters that give us many dry days, even if they are cold. This means your normal outdoor exercise routine is more achievable than you think. Once you get moving, you will warm up very quickly! However, it can be good to try some other activities during this period.

1. If you can, try out fitness classes. These are a great way to stay social and allow you to exercise indoors.
2. If you can't make it to the gym, YouTube offers plenty of free exercise videos you can follow at home.
3. Look for opportunities to stay active. It is always tempting to drive instead of walk when it's cold outside, however all these micro activities add up to maintain your fitness.
4. Take the opportunity to do some "spring cleaning". While you might be stuck indoors, you can keep moving, and feel accomplished!

If you want to speak to us about staying healthy during winter, call us on

1300 369 072 or email at mail@working-life.net

**EAT
WELL**



**DRINK
WATER**



**STAY
ACTIVE**



**STAY
WARM**

