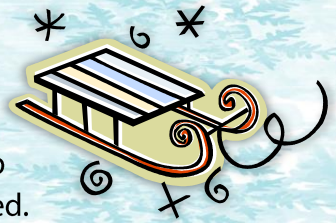


Stay healthy during the holidays

The holiday season is about family and food – and all too often, adding a few extra pounds to our waistlines. Keep your family physically active when the weather gets chilly with these tips:

- **Go sledding.** Running up a snowy hill, sliding down and repeating is a great way to get the whole family physically active.
- **Ice skate.** This is a great workout for your legs and heart. You'll also help strengthen your core, which is engaged when trying to keep you balanced.
- **Shovel the snow.** Someone has to do it, and it's a great way to get the heart pumping and the other muscles working. But don't overdo it!
- **Go for an afternoon or evening walk, jog or run – and bring the dog!**

As long as you're dressed warmly, any time of day can be enjoyable weather for taking a stroll or a jog. Winter days are shorter, so start early enough to finish before it gets dark.



December is Safe Toys and Gift Month



Prevent Blindness wants everyone to know about the potential hazards some toys may have. The U.S Consumer Product Safety Commission reports that there were an estimated 262,300 toy-related injuries treated in the U.S hospital emergency department in 2011.

Replace your walking or running shoes every six months. The cushioning starts to break down with repeated use.



Have arthritis?

Physical activity can help!

With stretching, range-of-motion exercises and strength training, you can build strength little by little.

Also, try low-impact aerobic exercises and this will help boost your mood and help manage your weight.



Tis' the season! Now that snow has fallen, make sure to keep your house warm and safe.

Winterize your home.

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.

