



## 7 Ways to Keep Healthy Habits from

# Hibernating

As the last leaves fall and cool weather sets in, it's tempting to forgo weekly workouts, wholesome recipes, and other healthy habits you've developed. To help you stay fit and feeling good, here are seven tips to keep your healthy habits from hibernating this winter.

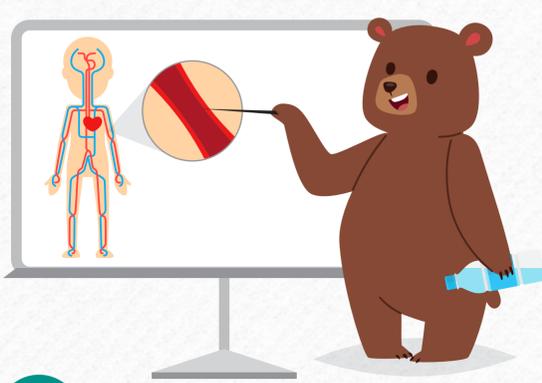
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### Drink Plenty of Water

Research shows that colder weather hinders your thirst by up to **40 percent**.

**When you're cold, your blood vessels contract, preventing blood from flowing freely to your extremities.**

As a result, your body may be tricked into thinking it's hydrated when it's not.



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### Increase Aerobic Activity



Aerobic exercises increase your heart rate and promote health and circulation—but you don't have to stop in winter.

There are plenty of activities you can do both indoors and outdoors, like walking, jogging, cross-country skiing, dancing, stair climbing, and jump roping.

**Just 20 to 30 minutes a day, 3 to 5 days a week yields great results!**

**On average, walking just one mile can burn 100 calories. By consistently walking just one mile throughout the winter months, you can burn nearly 5,000 calories!**

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### Try Not to Oversleep

Whether you passed out from a food coma or abused the snooze button, oversleeping is a common winter trend. Although animals are known to hibernate during winter, it's best for humans to avoid oversleeping.

**Stick to a consistent sleep schedule to get the recommended 7 to 9 hours of sleep, preventing winter drowsiness.**

In addition to being more productive throughout the day, getting the right amount of sleep spurs creativity, improves performance at work or in the classroom, and maintains a healthy weight.



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### Find Time to Relax



Bad winter weather goes hand-in-hand with holiday shopping, end-of-year work pace, and other personal issues.

Research shows that simple exercises focused on breathing and meditation lower blood pressure, boost immune systems, and generally leave you feeling better.

**Find time to close your eyes, focus on your breathing, and meditate each day.**

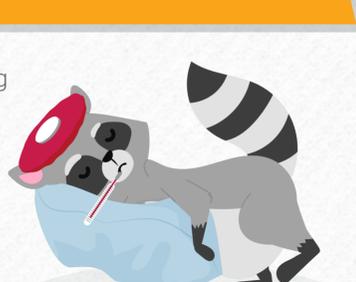
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### Protect Your Physical Health

It makes sense, doesn't it? Sometimes the trick to being your best self is simply staying healthy.

**Get a flu shot, cover your coughs and sneezes properly, clean frequently-used surfaces, and know when to stay indoors.**

Contrary to popular myths, cold weather doesn't cause colds. The three most common viruses that cause colds, Rhinovirus, Coronavirus, RSV and parainfluenza, replicate more easily in colder climates.



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### Spend Time in the Sun



It may not be sunbathing weather, but you can still have fun in the sun during the winter months.

**Sun exposure greatly improves your mood, especially when it's cold and dreary. Bundle up and go for a walk—but don't forget to apply sunblock!**

If you aren't able to spend time in the sun, Vitamin D supplements like Plexus XFactor™ Family Chewables will provide the same benefits.

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### Eat More Fruits and Vegetables

**91 percent of Americans don't eat enough vegetables, and 86 percent don't get enough fruits.**

These numbers can get even worse during the holidays when we're bombarded by fatty foods.

**By eating more fruits and vegetables, you'll give your body the nutrition it needs, helping you manage your winter weight and feel better year-round.**



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