



# Resident Wellness Newsletter



## Top 4 Self Care Tips for the Holidays

The winter holidays are a time for joy, but they can also be a challenging time for seniors. Cold weather, reduced physical activity, unhealthy food choices, and increased stress can affect both physical and mental health. Prioritize your self-care and well-being during the winter months with these tips:

1. Physical activity is important for seniors, especially during the winter. Going for a brisk walk, joining a fitness class, trying a winter sport, or practicing yoga or stretching can all help improve mood, reduce stress, and increase overall well-being.
2. In addition to staying active, seniors should prioritize self-care during the winter months. This includes staying connected with friends and family, getting enough sleep, staying hydrated, and practicing mindfulness.
3. Healthy eating is also important for seniors during the winter holidays. Incorporating seasonal fruits and vegetables, watching portion sizes, limiting sugary and processed foods, and staying hydrated are all essential for overall health and well-being. Maintaining a healthy diet can help support the immune system and reduce the risk of illnesses during the winter months.
4. Finally, mental health should also be prioritized during the winter holidays. Practicing gratitude, seeking support, setting boundaries, and engaging in activities that bring joy are all important for mental well-being.



Staying active, prioritizing self-care, maintaining a healthy diet, and prioritizing mental health can help you stay healthy and happy during this time of year. Remember, it's okay to take a step back and prioritize your well-being during the winter holidays.

To locate **FREE** local senior fitness classes in your area, please visit:

<https://live2bhealthy.com/classes/>

Enter your zip code to find locations near you.

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