

Winter Wellness

Prioritizing health and wellness during the winter season is crucial for maintaining overall well-being and resilience against seasonal challenges.

Colder temperatures and fewer hours of sunlight can take a toll on your physical and mental health, not to mention that it is cold and flu season. Maintaining your health in the cold months is possible!

Check out the Winter Wellness Bingo challenge below and try different ways to complete a line this season!

WINTER WELLNESS BINGO

Get a good night's sleep	Write in a gratitude journal	Take the stairs	Cook a nutritious meal	Go outside for fresh air
Schedule a regular check-up	Park farther away from your destination	Do yoga	Get your annual vaccines	Connect with a friend
Participate in a fitness class	Opt for a healthy snack		Meditate for 5 minutes	Take a work break and move your body
Practice deep breathing	Have dinner with your family	Declutter a space in your home	Wash your hands frequently	Try a new fruit or vegetable
Call someone you love	Limit alcohol (avoid if under age 21)	Explore a new hobby	Go for a 20 minute walk	Drink plenty of water