With cold weather on its way we all need a survival guide to staying healthy. Here are five tips to winterize for your health.

Get Enough Vitamin D
Vitamin D from the sun’s rays helps to jumpstart our body’s natural defenses. But during the colder, shorter days of winter getting vitamin D from the food we eat becomes even more important. Make up for the lack of sunlight with Vitamin D from fortified low fat dairy products, whole grain cereals and fatty fish like salmon or tuna. Also, brave the cold and get outside for a natural dose of the sunshine vitamin.

Snack Smart
With wintertime being indoor time, we tend to snack more. So set a regular snack-time as part of your daily routine and stick to it. This will help you avoid mindless snacking, especially around the holidays. And always try to include fruit as part of your snacks.

Boost Your Immunity
Improve your chances of staying healthy all winter long with immune boosting foods. A balanced diet that includes foods high in antioxidant vitamins A, C and E is a great way to help build your defenses. Try sweet potatoes and carrots for vitamin A. Get your vitamin E from nuts and fortified cereals. And citrus fruits can provide a daily dose of Vitamin C. For all three antioxidant vitamins in one power food, go for spinach.

Move Indoors
If you prefer to exercise indoors rather than brave the cold; consider a workout video featuring your favorite dance routine. Dance videos range from ballet to ballroom and from Latin to hip-hop. If dance isn’t your thing, try yoga, step, stretch or any aerobic workout. Just get moving.

Gear Up For Winter Safety
Avoid injury during inclement weather. Make sure that your shoes or boots are waterproof and built for traction on ice and snow. And layer up with clothes that make it fun to go outside for a walk, even when the thermometer drops.

Hot Beverage Warm-ups
A hot drink is the perfect antidote for a cold day. Here are some simple ways to winterize for your health at the coffee bar.

The Skinny On Espressos
Espresso drinks like lattes and cappuccinos are concentrated shots of coffee with steamed milk added. Their milk content provides a calcium and vitamin D boost. Other popular espresso varieties like café mocha include chocolate syrup. So when you warm up with an espresso treat, cut calories by asking for skim milk and non-caloric sweeteners.

Don’t Forget Traditional Coffee
So many of us have gotten used to more exotic flavored coffees that we have forgotten the simple “cup o’ Joe.” Coffee contains zero calories unless we add milk, cream or sugar. So use low or nonfat milk, don’t overdo the sugar - and enjoy!

The Hot Cocoa Option
Many studies have shown that antioxidant compounds in cocoa can help lower blood pressure and LDL cholesterol. Hot chocolate can be a great alternative to espresso drinks. Read hot cocoa mix labels carefully and look for lower fat and no or low sugar varieties for a tasty, hot treat.

Try Tea For A Change
There are many varieties of hot teas to choose from such as green, black or herb. The most common tea consumed in the US is black tea, although green tea is gaining in popularity. Both are rich in antioxidants.

Caffeine & Your Health
According to the Harvard School of Public Health, drinking up to six eight-ounce cups of coffee a day is not associated with negative health effects. And the antioxidants and minerals in coffee may actually have some health benefits.

Remember however, that many cups of coffee can be 16 to 24 ounces or more. So the experts warn that you shouldn’t overdo it. If you have any health issues that can be impacted by caffeine or if you’re having trouble sleeping or getting the shakes - try some decaf!
HEALTHY Lifestyles

Keep Your Skin Healthy This Winter
Avoiding dry chapped skin during the winter months can be a challenge. Meet the challenge head on. Follow these tips to winterize for healthier skin.

Moisturize For The Season
Choose oil based moisturizers over water based for maximum protection. Oil based moisturizers form a layer of protection for your skin.

Keep Up Your Sunscreen Routine
Keep applying sunscreen to the few areas that are exposed to the sun when you’re out in cold weather for extended periods of time. Your face and hands still need protection from UV rays during the winter. Some sunscreens can also help protect your skin from exposure to wind, snow and cold.

Invest In A Humidifier
Heating your home during the winter months can remove moisture from the air. This dry heat can wreak havoc on your skin. Use a humidifier to replace the moisture and lessen the likelihood of chapped skin from dry indoor heat.

Go Warm Vs. Hot
Water that is too hot can dry out your skin, so turn down the heat for your showers and baths. And to really pamper your skin, try a little baking soda or oatmeal in your bath water followed by some light moisturizer on your skin. Just remember that the hotter the water, the more it’s drying out your skin.

Seal Your Lips
Chapped lips are a common side effect of cold weather. Arm yourself with lip balm before chapping becomes uncomfortable. Lip balms that include wax or lanolin as the main ingredient soothe and provide a barrier to help moisture from escaping. Apply lip balm frequently and liberally all winter long and kiss chapped winter lips goodbye.

Since everyone’s health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that’s right for you.

Turkey Rice Soup with Kale
Serves 8 (8oz servings)

Ingredients:
- 1 cup cooked brown rice
- 2 teaspoons vegetable oil
- ½ cup diced red onions, ¼ inch
- ½ cup diced red pepper, ½ inch
- ½ cup diced carrots, ¼ inch
- ½ cup diced celery, ¼ inch
- 1 tablespoon minced garlic
- 1 ¼ cups diced tomatoes in juice, canned
- 1qt + 1 ½ cups chicken broth
- ¾ teaspoon poultry seasoning
- ¾ teaspoon Italian seasoning
- ¾ teaspoon salt
- ¾ teaspoon ground black pepper
- 1 bay leaf
- ¼ teaspoon dried thyme leaves
- 2 ½ cups chopped fresh kale
- 1 cup chopped cooked turkey white meat
- 3 tablespoons shredded Parmesan cheese

Preparation:
In stockpot over medium high heat, add onion, red pepper, carrot, celery, and garlic. Sauté for 3 to 5 minutes until onions are translucent. Stir in tomato. Add chicken broth, poultry seasoning, Italian seasoning, salt, black pepper, bay leaf and thyme. Simmer for 20 to 25 minutes until vegetables are tender. Add kale and cooked turkey. Cook for an additional 5 to 6 minutes until kale is wilted and turkey is heated. Discard bay leaf. Stir in rice and Parmesan cheese and enjoy!

NUTRITIONAL INFORMATION per serving

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