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**SWWC**  
LIVE WELL

## CONQUER YOUR COLD

By: Kim Aanestad

Cold and flu season has arrived and is here to stay. There are many natural remedies that can help cold and flu symptoms. Mother Nature has provided us with many foods, drinks and vitamins to help ease your cold this season. Most of these remedies can already be found in your kitchen!

**Water:** This may seem like the most simple and basic common cold remedy, but do not underestimate how important it is! Hydration is key to preventing symptoms of dehydration and getting rid of congestion. Dehydration can make a head cold feel much worse. Try to drink at least eight ounces of water every two hours.

**Hot water with lemon, honey and cinnamon:** This mixture can help prevent mucus buildup while keeping you hydrated. Ease a scratchy throat and calm soreness by adding honey. Honey has been shown to work just as well as the ingredients found in over-the-counter cough medicine. Try this tasty cold-fighting beverage at night to help relieve cold symptoms, especially a cough. Look for organic lemons and organic raw honey.

**Vitamin C:** Vitamin C helps to support a strong immune system. Start increasing your Vitamin C consumption before you get sick by taking Vitamin C supplements or consuming more citrus fruits. Try to avoid products high in added sugar that have Vitamin C added.

**Humidity:** Dry air can irritate the respiratory system, making a cough or stuffy nose even worse. Ease the stress on your respiratory system by spending time in a humid environment. Run a humidifier in your home or workplace. Visit a sauna or steam room or create your own by running a hot bath or taking a hot shower.

**Ginger:** Ginger has anti-inflammatory compounds that can help treat sore throats, runny noses and cough. Try grating fresh ginger into your smoothies, tea or a new recipe!

**Elderberry:** Elderberry can be found in syrup, tea or supplement form. This berry can boost your immunity, lower inflammation and help protect the body against disease. When you feel a cold coming on, take elderberry right away!

**Sleep:** Even if you are eating and drinking the right things and taking the right supplements, you are not going to feel better without enough sleep. Make sure you sleep as much as you can when you are feeling under the weather. Even when you are feeling well, aim for 7-8 hours of quality sleep.

The best way to reduce your risk of getting a cold is to wash your hands frequently, keep your hands away from your eyes, nose and mouth when unwashed, and to avoid sick people. However, if you do get sick, boost your recovery with adequate rest, plenty of fluids and try the remedies above. Stay healthy this cold and flu season!



### DID YOU KNOW?

Did you know being outside in the winter strengthens the immune system? Getting sick is more common during the winter because you spend more time in an enclosed environment, not because of the cold weather. All of the air you breathe inside contains recycled bacteria, germs and dander. Being outside allows you to escape the germs, reducing the chance of spreading infection. Bundle up, get outside and breathe the fresh crisp air!

By: Julia Miller

# QUESTION & ANSWER

## Q: HOW CAN I AVOID DRY SKIN THIS WINTER?

**A:** As the temperature declines, so can your skin health. The cold conditions outside can leave skin feeling raw and chapped, while indoor heat takes moisture from the air and your skin. Make small changes to your daily routine so your skin will feel its best all winter long.

### Stay hydrated

When you keep your body hydrated, your skin follows suit. If it is hard getting your daily water intake, try keeping a water bottle with you. You could also set an alarm on your phone as a reminder or download a free water-tracker app. Winter brings low humidity. Having a humidifier in the house can also help keep the moisture in your home and in your skin.

### Eat your veggies

Veggies like cucumbers and celery are a perfect snack when you are trying to keep yourself and your skin healthy. Some vegetables contain the antioxidant beta-carotene. Beta-carotene is responsible for healthy skin, mucus membranes, the immune system and vision. This antioxidant can be found in orange and yellow veggies like: sweet potatoes, carrots and pumpkin.

### Limit chemicals

Read what is in your soap, shampoo, lotion and perfumes. Many of these products contain alcohol and fragrances that can strip skin of natural oils. Try to choose body care products with essential oils and avoid chemical-based fragrances. During the winter, use oil-based moisturizers instead of water-based. Another option is to use organic virgin coconut oil on your skin. Coconut oil fights free radical damage and can keep your skin looking moisturized and healthy. Using a moisturizer with sunscreen is important as ultra-violet rays are present year-round. Aim for at least SPF 15.



# EXERCISE ANYWHERE

**Regular movement is fundamental to good health. Moving or changing postures every 30 minutes is recommended. Exercise Anywhere provides you with basic stretching and strengthening exercises to incorporate throughout your day.**

## UPPER BACK STRETCH

1. Take a seat or remain standing.
2. Clasp hands and press palms out until arms are straight.
3. Round upper back then slightly drop chin.
4. Hold for a count of 10 and breathe deep.

**Formerly known as 'Target Training', the new 'Exercise Anywhere' section provides you with stretches and exercises you can perform anywhere with little to no equipment!**

**These movements are perfect for at your desk, while traveling or any other time you feel you need to add movement into your day.**



## DODGING HIBERNATION

With the holiday season coming to an end and the dark winter days in full force, it is common to feel sad or less energized throughout your day. Shorter and darker days affect your circadian rhythm, or internal body clock. This can negatively affect your mood, energy level and immune system. It is easy to want to stay in bed all day when it is cold outside, but here are a few ways to dodge hibernation this winter:

### Increase vitamin D

Give yourself 30 minutes of sunlight right after waking up to keep your circadian rhythm regular. If you cannot get sunlight right after waking up, at least try to before noon. Go for a brisk walk outside or purchase an artificial 'sunbox' light. Fluorescent lighting does not have the same effect. Throughout the day, try to sit close to a bright window. Getting enough sunlight throughout winter can also prevent or improve symptoms of SAD (Seasonal Affective Disorder). SAD is a type of depression caused by changing seasons.

### Be social

It can be tough to find things to do with your friends during the winter but there are plenty of activities you can do without even leaving your home! Have your friends come to you by hosting a party. Whether it be watching a football game, having a game night, singing karaoke or having a nice meal together, there is always something to celebrate!

### Stay active

Get moving to keep your mood and energy level up! When the weather is less than ideal, having the motivation to be active can be more difficult, but if you get creative you can make it fun! Turn on your favorite playlist and have a dance party, power clean the house or do a quick body weight workout with exercises like: push-ups, sit-ups, squats, lunges and jumping jacks.

Meet the new 'Mind Matters' section, your go-to for all topics related to improving your mental, emotional and social health! Check out this section for tips and tricks on how to check in with yourself and others.



By: Rachel Priest

## QUICK CLICK

### MYSKIN

The mySkin app is a free app that gives recommendations on what skin care products are best for your skin type and lifestyle. Take a skin assessment, track recently used products, get expert answers to your skincare questions and more!

# CHALLENGE OF THE MONTH

## BRING YOUR OWN BREW

By: Kim Aanestad

This month challenge yourself to ditch coffee shop coffee. One of the best ways to save money is by brewing your own cup at home. A cup of coffee from home can cost only 16-18 cents, instead of \$1.00-\$5.00 from a shop.

Brewing your own coffee can save you up to \$2,000 a year! You will also reduce waste from disposable cups and know exactly what is in your coffee.

## SPICING UP YOUR BODY TEMPERATURE

By: Leigh Pomnitz

Cold weather hits and your body craves warm, comforting foods. You may notice that many winter dishes are filled with a variety of spices. These spices do more than just make food taste good. Many herbs and spices actually have a warming effect on the body. Try adding the following spices to your meals or drinks to stay warm from the inside out!

### Garlic

Garlic helps the body fight off potential infections. It also widens and opens your blood vessels, improving blood circulation throughout your body.

### Cinnamon

This warming spice is great to use during the winter if you feel chilly often. Cinnamon dries out the wetness in your body by absorbing excess water. Cinnamon is also great for digestion and helps to ease the stomach.

### Cloves

This spice is commonly used as a meat, sauce and rice dish flavoring. Cloves are great for increasing and improving digestion in your body, just like cinnamon.

### Turmeric

This golden spice is used in many Asian dishes and is the main spice in curry recipes. It is similar to cinnamon as it dries the body out, allowing the body to heat up. It is also used in different medications as an anti-inflammatory.

Mix and match these spices in both sweet and savory dishes this winter. Cinnamon and cloves taste great in oatmeal, baked goods and even in teas, coffee or hot cocoa. Garlic is a great addition to dishes with meat, veggies and glazes or sauces. Turmeric compliments both sweet and savory spices and adds a unique flavor to dishes.



## FEATURED RECIPE

### SLOW COOKER CAJUN JAMBALAYA

#### INGREDIENTS:

- 2 pounds chicken thighs
- 1 pound smoked sausage, cut into 2-inch slices
- 1 pound shrimp, peeled and deveined (optional)
- 1 large onion, chopped
- 1 large green bell pepper, chopped
- 3 stalks celery, chopped
- 1 (28 oz.) can diced tomatoes with juice
- 3 cloves garlic, chopped
- 2 cups chicken broth
- 1 tablespoon Cajun or Creole spice mix
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 3/4 cups long-grain rice
- Parsley, chopped (optional)

#### DIRECTIONS:

1. Combine chicken, sausage, onion, green pepper, celery, tomatoes, garlic, chicken broth, spice mix, thyme and oregano in a large (5-quart) slow cooker. Cook on low for 5 hours.
2. Add optional shrimp and rice; raise heat to high and cook for 30 minutes more. Sprinkle with chopped parsley, if desired.



#### Nutritional Info

Calories	457
Fat (g)	22
Carbohydrates (g)	19
Fiber (g)	2
Protein (g)	43

**PREP TIME: 20 MIN**

**COOK TIME: 5 HR**

**SERVES: 8**