

## Don't be a cold weather couch potato!

Winter has finally arrived, and it's very important to stay active. Cold weather can put extra strain on your body, so keep strengthening it through physical activity. Stronger muscles and improved balance help prevent injuries from falling. Also, exercise boosts your immune system, which is especially helpful in the season of flu and colds.

When you are outdoors, keep moving to enjoy the winter landscape and stay comfortable. And, you can burn off some of those holiday calories. Look at what you can do in 10 minutes:

- Ice skate to use up 84 calories.
- Play ice hockey to use 96 calories.
- Ski downhill to burn 72 calories.
- Go cross-country skiing to use up 96 calories.
- Go snow-shoeing to burn 96 calories. This is great for pregnant women and others with balance concerns, because the risk of falling is lower than with skiing.
- Use a snow blower to use 54 calories.
- Shovel snow to use up 72 calories.

Some people warm up indoors before going out for a wintertime walk or run. This helps get their heart working and gets blood to the muscles they'll need in the cold. Whether you warm up indoors or outside, dress for the weather.

- Wear reflective clothing if it's dark or will be dark before you finish up.
- In the daytime, dark colored clothes will absorb sunlight and keep you warmer.
- Dress in layers so you can remove layers as you warm up. Layer gloves or mittens too, with a thin pair under heavy ones.
- Protect your hands, feet and ears. Your body concentrates warmth and blood flow in your core when you're exposed to cold, so take extra care with your extremities.
- You may feel less chilly by taking off your jewelry, especially on your face and ears.

Finally, remember that cold can be dangerous. Watch for signs of frostbite (affected areas are numb and white) and hypothermia (intense shivering, slurred speech, confusion or sleepiness, loss of coordination.) If you suspect hypothermia, seek medical care without delay. Stay indoors if the temperature is below 0 degrees F, or if the wind chill is below -20. Also, exposure to cold weather can make some health problems worse. Check with your doctor before you venture out if you have any concerns.

Adapted from [www.sparkpeople.com](http://www.sparkpeople.com), [www.mayoclinic.com](http://www.mayoclinic.com) and [www.walkoffweightbook.com](http://www.walkoffweightbook.com) from *prevention*.

## Recipe of the Week – Sesame Broccoli

makes 4 1-cup servings

1½ pounds broccoli (fresh or frozen spears)  
 1 teaspoon canola or olive oil  
 2 teaspoons sesame seeds  
 1 Tablespoon lemon juice  
 1 Tablespoon reduced-sodium soy sauce  
 2 teaspoons sugar

- Cut broccoli into large pieces and place in vegetable steamer over boiling water.
- Cover and steam 5-6 minutes or until bright green. Drain and place in serving bowl.

- Heat oil in small pan over medium heat. Add sesame seeds; cook until lightly browned. Add lemon juice, soy sauce, and sugar; bring to a boil. Remove from heat and pour over broccoli, stirring to coat.

### Nutrition Information (per cup):

Calories: 77      Fat: 2.2g      Saturated Fat: 0g  
 Fiber: 5g      Protein: 6g      Carbohydrates: 11g

**Tip of the Week** Fill the holiday candy dishes with small clementines, red grapes pulled off the stems, fresh berries, gum, or nuts in the shell (with an empty dish for shells nearby and a nutcracker if needed).  
 –from the message board at [www.sparkpeople.com](http://www.sparkpeople.com)