

Winter Tips for Healthy Living

Holidays, stress, post-holidays, even more stress— who has time for taking care of ourselves? You do! Resolve to follow these simple diet, exercise, and lifestyle tips, and you can be good to yourself this winter - and all year long.

1. Enjoy the Benefits of Yogurt: It's creamy smooth, packed with flavor -- and just may be the wonder food you've been craving. Research suggests that that humble carton of yogurt may: help prevent osteoporosis, reduce your risk of high blood pressure and aid gastrointestinal conditions like inflammatory bowel disease and constipation. When buying think low-fat, make sure the yogurt contains active cultures and vitamin D, and keep tabs on sugar content.

2. Help Holiday Heartburn: Getting hit with heartburn over the holidays? Help is at hand! Try these hints and you can stop the burn before it starts: Nibble: Enjoy your favorite foods -- but in moderation. No need to heap on the goodies (or go back for seconds and thirds!). Packing your stomach with food makes heartburn much more likely. Know Your Triggers: Certain foods feed heartburn's flame. Typical triggers include foods full of sugar and fat -- think pumpkin pie slathered with whipped cream. Instead reach for complex carbs like veggies and whole-wheat breads -- or at least share that dessert! Get Up: Stretching out for a nap post-meal is a great way to guarantee you'll get reflux. Instead, keep your head higher than your stomach -- or keep right on walking, away from the dinner table and out the door. Light exercise is a great way to prevent heartburn.

3. Start a Winter Tradition: Family Workouts: Grandparents are in town, a flurry of kids is underfoot, and you're wondering where you'll find time for a quick winter workout. Here's a thought: Why not get everyone involved with these simple workouts? Walking: It's suitable for young or old, with a pace that's sedate or speedy. Try these ideas to get the gang on their feet: do laps at the mall. If you shop, cart your own packages and then unload them in the car after every store. Disguise the walk as something else. Toss a ball as you stroll, fling a Frisbee, or take the dog to the park. Instead of driving, walk over to your favorite local restaurant.

4. Try These 3 Simple Diet & Exercise Tips: Go Slow: You don't need to do a diet slash-and-burn. If you cut just 200 calories a day you'll see slow (and easy) weight loss. Skip a pat of butter here, a cookie there and you're on your way! Start Small: Banning junk food from the cupboards or boosting fiber may be your goal, but think baby steps. Switch from potato chips to low-fat popcorn, for example, or toss a carrot into your brown bag lunch. Just Show Up: Don't feel like working out today? Don those exercise clothes anyway. Still not in the mood? Fine. But chances are good that once you're dressed, you're also motivated and ready to go!



This healthy living information is provided by your Doctor of Chiropractic and the Idaho Association of Chiropractic Physicians (IACP) .