

# HEALTH AND HUMAN SCIENCE NEWSLETTER

## **BITE-SIZED WISDOM WITH AMANDA**

Cold weather can make staying active feel like a challenge, but regular movement is essential for physical and mental well-being. Here are some simple ways to keep active during the winter months:

1. **Bundle Up for Outdoor Fun:** Walking, hiking, or even playing in the snow can be enjoyable and invigorating. Dress in layers, wear warm socks, and don't forget gloves and a hat!
2. **Try Indoor Workouts:** From online yoga classes to bodyweight exercises, there are countless ways to stay active at home. Set aside a dedicated time to create a routine.
3. **Take Advantage of Community Spaces:** Check out local gyms, with indoor pools, or recreational centers for indoor walking tracks like the Plainfield Rec Center or Northview Church.
4. **Make it Social:** Partner with a friend or family member for an activity. Accountability helps you stay motivated, and shared movement can be a great bonding experience.
5. **Keep Moving Daily:** Even small changes, like stretching or walking laps around your home, can make a difference when you're stuck inside.

Staying active not only boosts your energy but also helps combat the winter blues, keeping you healthy and happy through the colder months.

## **BEST SEASONAL PRODUCE & HEALTH BENEFITS**

Winter brings an abundance of nutritious produce to brighten your meals and boost your health:



**Sweet Potatoes:** Packed with vitamin A for eye health and fiber for digestion. Roast or mash them for a cozy side.

**Brussels Sprouts:** High in vitamin C and K, supporting immunity and bone health. Try them roasted with garlic.

**Cranberries:** Loaded with antioxidants for urinary and immune health. Add to salads or sauces.

**Winter Squash:** Rich in beta-carotene and potassium for heart and immune health. Blend into soups or roast for salads.

**Kale:** A nutrient powerhouse with calcium, iron, and fiber. Perfect for soups or sautés.

Seasonal produce adds vibrant flavors and essential nutrients to your winter table!

For more information regarding HHS programming call extension office at (317)-745-9260 or email us at [hendrces@purdue.edu](mailto:hendrces@purdue.edu)

## **UPCOMING COMMUNITY PROGRAMS:**

HEALTHY EATING FOR THE HOLIDAYS  
DECEMBER 11TH, 6-7PM  
BROWNSBURG PUBLIC LIBRARY

MEDITERRANEAN DIET  
JANUARY 16, 6-7PM  
BROWNSBURG PUBLIC LIBRARY

BE HEART SMART  
DATES TBD 6-7PM  
BROWNSBURG PUBLIC LIBRARY

COOKING WITH HERBS AND HERB  
BENEFITS  
MARCH 13, 6-7  
BROWNSBURG PUBLIC LIBRARY

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