



Three keys to a happier winter

Winter is upon us here in Canada. The days are shorter, the weather is colder and sunshine is a rare sight. Often, this can lead to low energy and general malaise so it's important to be proactive about keeping a positive attitude during the colder months. Here are three key things to keep in mind for a happier winter season:

1. **Eat healthy.** When you eat healthy food, it makes you feel better. Eat a variety of fruits and vegetables to ensure that you are getting enough vitamins and minerals to nourish your body. Things like soups and stews are great ways to incorporate lots of vegetables and lean protein into your diet while still feeling like comfort food.
2. **Get active.** Take advantage of good weather days and go for a walk or embrace the winter season with fun activities like snowshoeing, skiing or skating. Not the outdoorsy type? Join a gym or fitness class instead to get your heart pumping. At least 30 minutes of activity three times a week is a good place to start.
3. **Sleep well.** Lack of sleep can have a huge effect on your mood, so it's important to get your recommended 7-8 hours each night. Try to keep your bedtime and waking time consistent so you can develop strong sleep habits. Don't forget naps! Even just ten minutes can be enough for a quick afternoon pick-me-up.

Try and incorporate all three of these into your daily routine and see the difference it can make in your life this winter and beyond!