

30 Ways To Well

WINTER EDITION

<p>1</p> <p>To keep your cardio fitness up even when it's snowing outside, try snowshoeing for a great winter alternative.</p> 	<p>2</p> <p>Bake something cozy. If you're looking for something the whole family will enjoy, try my Healthy Blueberry Muffins.</p> 	<p>3</p> <p>Host a game night. Not only are board games entertaining, they're also great exercise for your brain as they require cognitive skills like problem solving. You can check them out at your local library too.</p>	<p>4</p> <p>Organize your thoughts and goals by making an action board. Use arts and crafts materials or create a board on Pinterest. Research shows they really work!</p> 	<p>5</p> <p>Improve your fine motor skills and reduce stress by spending the afternoon painting. You can take a class or simply buy some watercolors and follow a tutorial online.</p> 
<p>6</p> <p>Make a snack tray! My latest cookbook, Everyday Snack Tray, helps you get creative with snack time and there are plenty of winter-themed trays.</p> 	<p>7</p> <p>You don't need to spend \$\$ at a spa to feel rejuvenated, an at-home self-care day can be just as impactful. Apply your favorite face mask, use a dry brush, and exfoliate your skin using a salt scrub.</p>	<p>8</p> <p>Baby it's cold outside! Stay warm and boost your knowledge by heading to a museum</p> 	<p>9</p> <p>Unwind after a long day by taking a warm bath. Add some bubbles or epsom salts to make you feel extra relaxed and calm your nervous system for a great night's sleep.</p>	<p>10</p> <p>Make a hot toddy. Fend off sniffles and warm up with a classic hot toddy.</p> 
<p>11</p> <p>Create Hygge. Generating a cozy atmosphere and enjoying the things you love with good people is the essence of this Danish word. Grab some candles + cozy blankets and make some fondue with your besties.</p>	<p>12</p> <p>Grab your skates - it's ice skating time! Don't underestimate this low-impact sport. Ice skating is a full body workout - and also tests your balance and coordination!</p> 	<p>13</p> <p>Take a sewing or needlepoint class - Connect with old or new friends while learning a new skill. Get started on a homemade gift for Mother's Day.</p> 	<p>14</p> <p>Warm up with a cup of hot cocoa. Make my homemade mix, which is also great for gifting.</p> 	<p>15</p> <p>Expand your cooking repertoire by cooking a recipe you've never made before. Not only are you learning a new skill, but cooking is connected to a boost in creativity, self-esteem and confidence.</p>
<p>16</p> <p>Get cozied up with a good book. Reading boosts brain activity and fosters social connections. Head to your local library or join a book club.</p> 	<p>17</p> <p>Hit the slopes! If you live in the northeast, this site can help you find a local mountain. Grab your skis and go!</p> 	<p>18</p> <p>Grab your loved ones and watch your favorite movie. Social connections can reduce stress, boost mood and improve your well-being.</p>	<p>19</p> <p>For some light physical activity, round up family and friends and head to the bowling alley.</p> 	<p>20</p> <p>Put on your winter boots, bundle up and go for a wintry walk around your neighborhood to improve mental health and maintain your fitness.</p>
<p>21</p> <p>Need a change of scenery? Rent a cabin for a cozy weekend getaway. Travel can leave you feeling inspired and renewed.</p> 	<p>22</p> <p>Broaden your flavor horizons by trying a new cuisine. Not only will you incorporate a wider variety of nutrients into your diet, you might find a new favorite dish!</p>	<p>23</p> <p>Blend up my Sweet & Spicy Tropical Smoothie with ginger, to help keep your immune system humming this winter.</p> 	<p>24</p> <p>Did you know that good quality sleep impacts mood, stress, appetite and food cravings? If you're feeling flat, it might be a sign to catch up on your zzzs.</p> 	<p>25</p> <p>Don't wait for spring—declutter your space for improved mental clarity and focus. Find a local charity where you can donate pre-loved items.</p> 
<p>26</p> <p>Summer is only 155 days away! Planning a summer trip is a great way to keep your spirits high during these darker and colder days.</p> 	<p>27</p> <p>Get those endorphins flowing and re-energize with an at-home workout. Find a great workout with the Sculpt Society and Peloton apps.</p> 	<p>28</p> <p>Expand your mind and learn new things by listening to an educational podcast.</p> 	<p>29</p> <p>An act of kindness always goes a long way for the giver and receiver. It can be something as simple as cooking a meal for your neighbor, or offering to shovel their driveway.</p>	<p>30</p> <p>Whether you're looking for some running buddies or training for a marathon, join a running club to stay motivated.</p> 

