

Healthy Winter Survival Tips From DMA!



Exercise—Indoors and Out!

- ❄ Bundle up and take a walk
- ❄ Do crunches, leg lifts & arm curls while watching TV
- ❄ Take up a new activity you might enjoy
- ❄ Go Slow—Just 200 calories a day makes a difference

Eat Wisely!

- ❄ Eat a hearty breakfast
- ❄ Drink lots of water
- ❄ Choose whole grains
- ❄ Avoid too many high-calorie treats



Be Safe!

- ❄ Warm up before shoveling snow
- ❄ Use sand and salt to avoid falls
- ❄ Dress in layers and wear a hat
- ❄ Wash hands frequently to prevent flu



Call 781-329-1400 for an appointment

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