



## Health and Wellness

**Tip of the Week**  
**Week 52**  
**December 28, 2020**

Our Mission is to promote health awareness and encourage healthy lifestyles.

## Stay Well This Winter

Whether you favor staying cozy inside or you are an outdoor sports enthusiast this winter, you must be ready. Cold weather causes extra strain on your heart. Before heading outside, make sure you:

- Dress in layers and cover up with a hat, scarf and gloves
- Do not walk on ice
- Don't drive on ice-covered roads, overpasses and bridges
- If taking part in winter sports, wear proper gear, such as helmets and goggles

Your body is working hard to stay warm. It's okay to go slow and limit your time outdoors.



*Source: Center for Disease Control and Prevention*

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