



TIP OF THE WEEK

Beat the Winter Blues

Dreary winter days can get some people feeling down in a slump. Here are some tips to help manage:

- **Get some sun.** Sunlight provides vitamin D and can help to boost your mood.
- **Exercise.** Physical activity gets those feel-good hormones pumping.
- **Eat a healthy diet.** Feeding your body the proper fuel can help it to perform at its best.
- **Get Plenty of Sleep.** 7 to 8 hours is ideal for most.

**LivingWell**
make it a priority

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