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## HEALTHY CHOICES FOR MIND AND BODY

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### **Healthy Choices Winter Reminders:**

DO get a flu vaccine. Don't be the first on your block to die of influenza.

DO remember to be kind, even if times are tough – Peacefulness is healthier than anger.

DO eat hearty bean and vegetable soups this winter – They warm the soul and save your heart.

DO NOT use inclement weather as an excuse to avoid exercise. It's what they make mittens and umbrellas for.

DO accept your natural shape that results from taking good care of your body.

DO use high intensity, broad-spectrum lights if you have SAD (Seasonal Affective Disorder). They will make both you and those around you happier.