

Owens Health & Wellness Healthy Loo & You!



FALL into WELLNESS!

Start taking a Vitamin D supplement. We get most of our Vitamin D from the sun, so our intake decreases when the weather is colder since we spend most of our time inside during the fall/winter seasons. If you find you are not getting outside much, a Vitamin D supplement can boost your mood and immune system!

Moisturize your skin. Harsh temperatures can make your skin dry.

Prepare your home and car for possible extreme weather conditions. Do your flashlights have batteries? Is your heat working okay? Do your tires need to be replaced? Do you have emergency preparedness kits in your home and vehicle?

Don't Let Winter Weather Put Your Workout on ICE...

Follow these guidelines to **stay fit and safe!**

- 1. Wear a base layer** that will keep moisture away from your skin, keeping you dry and warm during your workout.
- 2. Do not overdress.** Sweating makes your clothes wet and your body cold. If you feel slightly cool before starting your activity you are probably dressed appropriately.
- 3. Use a good trail running shoe** that will provide extra traction for slippery surfaces.
- 4. Drink PLENTY of water!** Avoiding dehydration is just as important in cold weather as it is in warm weather.
- 5. Plan your route ahead of time. If you walk or run outdoor trails...**You'll want to know exactly where you are heading and how to get home in case something goes wrong. Also carry a cell phone and identification, and let someone else know where you'll be going.
- 6. Avoiding frostbite and hypothermia** is a crucial consideration when preparing for cold weather activities. Ensure that all of your skin is covered, and carry an extra layer in case weather conditions change during your workout.
- 8. Move your workout indoors.** This will provide an opportunity for cross-training, which reduces incidence of injury and adds variety. Visit the Owens Health & Wellness Center, for all your indoor fitness needs!



Student Support Pantry is on-going.

We are still accepting donations at the Owens-Health & Wellness Center administration office. ***Please be mindful of expiration dates!***
Thanks in advance!

Counseling Services are available in the OHWC Family Life Center!

Open Registration for Fitness Center Membership (fees increase in January)

- Students free of charge
- Faculty & Staff \$25
Registration fee plus \$ per month
- Seniors Registration fee plus \$15 per month

Pardon our Progress!

**Exciting Upgrades are in the
Works in the
Fitness Center!**

