

Tips for Staying Healthy this Winter

You may have the best intentions when you create your health-based New Year's resolutions, but when it starts to get cold outside, it can be difficult to maintain a healthy lifestyle. Here are some helpful tips to keep you motivated and moving toward your goals!

Did You Know?

Only about 9% of people successfully keep their New Year's resolutions for the entire year. However, setting specific, realistic goals and tracking your progress can significantly boost your chances of success.



Alanna Manning
Public Relations & Social Media Intern

Eating Healthy

Discover New Recipes

Cooking the same meals each week can get tiresome—why not explore new cuisines this year? PBS offers numerous series and articles with fresh recipe ideas. Tune in to WCNY-TV and visit the PBS Food website to discover new favorites! Shows like “Sara’s Weeknight Meals” and “Fit to Eat” will introduce you to new healthy recipes that are easy to add to your daily routine.



Get Ahead with Meal Prep

For a busy week ahead, set aside some time over the weekend to plan and prep your meals. While it may feel tedious at first, writing down a list of your meals for the week can help you save time in the long run. Once you know what you’ll be making, preparing your meals and ingredients ensures the cooking process will be efficient.

Learn Quick-Fix Meals



When life gets hectic and time slips away, it’s easy to grab a quick snack and rush off to your next commitment. However, you shouldn’t sacrifice your health for convenience. Instead, explore this collection of favorite quick dinners and make-ahead meals from PBS Food to ensure you stay nourished even on your busiest days!

Exercise Routines

Exercise Outdoors

Ready for a winter adventure? Brave the cold and enjoy some invigorating snowy activities! On sunny days, bundle up and get some fresh air—head to a local ski resort to zip down the slopes, explore scenic trails while snowshoeing, or hit the rink for some ice skating.



Practice Yoga

Looking for a slower, mindful approach? WCNY offers a range of yoga programs that guide you through exercises to enhance posture, breathing, and overall wellness! Tune in to series like “Yoga in Practice,” “Yndi Yoga,” “Happy Yoga with Sarah Starr,” and more when they air on WCNY-TV.

Work Out at Home

No need to hit the gym to stay active! Plenty of exercises can be done right at home with no equipment. If you’re up for a challenge, try incorporating a resistance band or some light weights. And for gentle, accessible exercise, check out WCNY’s “Sit and Be Fit” program, offering easy chair exercises you can do from the comfort of home.

Intellectual Well-Being

Attend Classes

It's never too late to start learning! Is there something you've always wanted to explore, but never had the chance? Winter is the perfect season to dive into something new! While spending more time indoors, consider dedicating a few hours to online classes. From language learning and creative writing to music lessons and beyond, the possibilities are endless.

Do Puzzles

Stimulate your mind while completing puzzles! There is always a wide array to choose from, including jigsaws, crosswords, sudokus, and word searches. These enjoyable activities not only pass the time but can also boost cognitive function and enhance short-term memory.

Read Books

Expand your horizons indoors this winter! Dive into books, magazines, and articles to explore new topics and boost your learning. Whether online or from your local library, these resources can open up worlds of knowledge and keep your mind active all winter long!



Mental Health

Prioritize Self-Care

Dedicate some time just for yourself by engaging in activities that make you feel relaxed and refreshed. Whether it's reading, journaling, watching movies, connecting with friends, or treating yourself to a spa day, doing what you love can greatly improve your mental health and overall well-being. Remember, a self-care day is all about you!

Stay Busy

With shorter days and colder weather, it's easy to fall into a rut. Even if motivation is low, staying productive can boost your mood! Try planning your days in advance to keep yourself engaged and mentally stimulated. Be sure to schedule downtime as well, allowing moments for relaxation and activities you enjoy.

Take Time to Meditate

The start of a new year often brings a focus on resolutions and productivity, but it's equally important to give your mind a break to avoid burnout. Taking a few moments to meditate and clear your mind can boost your mood and leave you feeling refreshed, revitalized, and ready to tackle new challenges!



Strawberry Chia Parfait Makes 4 Small Parfaits

This delicious parfait combines coconut milk and chia seeds for a satisfying breakfast treat. Sweetened with maple syrup and layered with fresh strawberries, it's as nutritious as it is refreshing!

Ingredients

- ¼ cup chia seeds
- 1 cup coconut milk
- 1–2 tablespoons maple syrup (to taste)
- ½ teaspoon vanilla extract
- 4 strawberries, quartered

Directions

1. Stir the chia seeds together with the coconut milk, maple syrup, and vanilla extract.
2. Cover and leave for 1 hour to allow the seeds to rehydrate.
3. Line the bottom of 4 small jars or ramekins with a layer of the chia pudding, then add a strawberry to each one.
4. Top with the remaining chia pudding and refrigerate until ready to eat.

Foodie-guide

WCNY's monthly Foodie-guide looks at the best of PBS Food content, recipes, cooking videos, and more!

Sign up today at wcn.org.