

## Wellness Tips for the Change of Season - Fall

As the season changes, so do we! Think of what's changing in nature and what is happening behind the scenes this time of year – trees change color, animals of all kinds prepare for the cold, the amount of sunlight in our days lessens. As creatures of our planet, we also go through changes and we can benefit from knowing how to change with the season!

As with all change, there is stress. Stress is our body's way of adapting to demands placed on it, internally or externally, positive or negative. Moderate stress helps to keep us sharp and ready to act – extreme stress however can impact us in many unhealthy, negative ways – physically and emotionally! With the change of season comes stress whether we realize it consciously or not.

Beginning with this week's tip, we'll look at how we can maintain wellness during this time of year in all three dimensions – physical, bio-chemical and emotional. We're sharing these tips to help your body and spirit adapt to the change of season. This week, we'll talk about the physical dimension. This article was prepared from a variety of sources. You are invited to experiment with these and research more information on those you find interesting or helpful – all are provided so that you may live a life full of wellness in EVERY season of the year!

Change of season tips for the physical dimension:

- Continuing to exercise throughout the fall and winter is important, however the type of exercise may vary. If winter is the time to restore and rejuvenate – consider adding or doing more yoga and Thai Chi. Some find that the same level of intensity requires more rest to recover afterwards.
- Investigate seasonal gym memberships to always have a warm place to workout if you don't already have space set aside at home. An exercise ball and resistance bands can provide a great strength building workout – we have DVD's available at reasonable cost.
- Plan your winter exercise according to the temperature and light conditions – colder weather brings ice, shorter days may mean walking/running/biking with less available light and less safety for those on roadways. Look for activities that can be performed in colder weather and even with snow. Warm muscles with active stretching before outdoor workouts.
- Maintain body temperature and continue to drink water – the body needs both to function properly. Plan outdoor time to take advantage of the sun and be prepared for changes in temperature when darkness approaches.
- Self care - Ayurvedic medicine suggests self massage with warm oil (or warm your hands in it) especially around joints – sesame, olive, almond and Castor are suggested.
- Warm baths with oils and sea salts are also appreciated by the body and offer balance with colder outside temperatures.
- Some science and eastern medicine suggest we align sleep patterns with the amount of darkness and awake with the sun. Sleeping in complete darkness has been recommended by many articles researched on healthier sleep behaviors. Listen to your body, it may very well be asking for longer periods of sleep during the fall and winter.

We can help you reach your goals with Creating Wellness! Do you know how well you are? The absence of illness or discomfort does not necessarily mean we are healthy and well. A Creating Wellness assessment can help identify the areas of your life that, if improved, will allow you to live life with vitality and energy! Ask us about how you can create more wellness in your life!

This document was created with Win2PDF available at <http://www.win2pdf.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.  
This page will not be added after purchasing Win2PDF.