

WINTER WELLNESS GUIDE: STAY HEALTHY & BALANCED

Winter wellness is about staying balanced, active, and calm through colder, darker months. Sworkit Health offers guided workouts, meditation practices, and personalized programs to support physical and mental well-being all season long.

SWÖRKIT

✓ Stay Active Indoors

Keep your body moving with simple indoor exercises like squats, lunges, and gentle stretches to maintain strength and reduce stiffness during colder months. Using household items for light resistance or balance support can help increase muscle engagement safely.

✓ Manage Holiday Stress

Practice brief mindfulness or breathing meditation to ease holiday stress and boost calm, while setting boundaries and fostering gratitude to protect emotional health. Daily natural light or light therapy, staying active, balanced nutrition with vitamin D, good sleep, and social connection support mental wellness through winter's darker days.

✓ Importance of Warm-Up

Begin all exercise sessions with a warm-up to gradually increase your heart rate and loosen muscles, reducing injury risk. A proper warm-up also improves flexibility, coordination, and overall exercise performance.

✓ Nourishing Warm Foods

Enjoy hearty, nutrient-rich meals such as soups, stews, and chili made with seasonal vegetables and warming spices like ginger and cinnamon. These comforting dishes support your immune system and keep you warm throughout winter.



READY, SET, SWORKIT!

SWÖRKIT
HEALTH