

from
*Northwest Bergen Regional
Health Commission*

10 Cool Ways to Embrace Winter

Mood Boosting Ideas to Beat the Winter Blues

As the days get shorter and the nights get colder, even the best of us can get a little down. The “Winter Blues” are characterized by mild depression, lack of motivation, and low energy that many people experience during the cold season.

- ✧ **Exercise:** As if we needed another reason to get moving! Exercise isn't only for maintaining your weight and staying fit. It is great for relieving the stresses of life.
- ✧ **Eat a Healthy Diet:** What and when you eat has a great effect on your mood and energy. Avoid refined and processed foods like white breads, rice and sugar. These foods are not only devoid of the nutrients your body needs, they zap your energy levels.
- ✧ **Get Some Sun:** Most people know that sunlight provides us with Vitamin D. Did you know that it also improves your mood? Lack of sunlight can cause many people to become depressed without knowing why! Sunlight releases neurotransmitters in the brain that effect mood. Remember to wear your sunscreen!
- ✧ **Act on Your Resolutions:** A recent study from CDC showed a strong link between healthy behaviors and depression. Women who exhibited healthy behaviors like exercise, and not smoking had less sad and depressed days than those whose behaviors were less than healthy.



Get your
flu shot?



It's not
too late!

Please call us at
201-445-7217 for
availability

Cold Vs. Flu

The common cold and seasonal flu are often mistaken for one another because early symptoms of both illnesses can be similar. Both are respiratory illnesses caused by different viruses. Severity of symptoms vary from one person to another, but in most cases, the flu is much more serious than the cold.

Flu symptoms can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

kNOwLEAD Campaign Kicked Off!

The NJ Department of Health recently launched their #kNOwLEAD public education campaign; which aims to increase awareness of all lead hazards in homes, schools and on the job. It also educates residents on what they can do to prevent exposure and safeguard their child's health.

Protect your child from lead exposure, by knowing the sources of lead contamination.

Possible Sources of Lead Contamination:

Lead Based Paint: If your home was built before 1978

Herbal Remedies: Some herbal remedies and folk medicines

Some Imported Goods: Things like toys, cosmetics, candy and spices

<http://nj.gov/health/childhoodlead/>

Oven Roasted Brussel Sprouts

1lb Brussel Sprouts, trimmed and halved length wise

2 TBS extra virgin olive oil

1/2 tsp fine sea salt

1/4 tsp black pepper



Preheat oven to 400°F. Toss brussel sprouts with oil, salt and pepper on a rimmed baking sheet and roast, stirring once or twice, until deep golden brown, crisp outside and tender inside, 30 to 35 minutes. The leaves that are loose will be especially brown and crispy. Transfer to a bowl and serve.



NorthWest Bergen
Regional Health Commission

Good Public Health Grows a Stronger Community

20 West Prospect Street

Waldwick, NJ 07463

(201) 445-7217

www.nwbrhc.org