

### Winter Safety Shenanigans

As the snow starts to fall, it's time to get ready for some slippery, snowy, and silly winter fun! But before you hit the ice or start a snowball fight, make sure you know how to stay safe and avoid any frosty fiascos.



by Leah Baum

# Ice Driving: The Slippery Slope to Disaster

### 1 Slow Down

Start by significantly reducing your speed when driving on icy roads. Sudden braking and sharp turns can easily cause you to lose control.

### Increase Distance

Leave extra space between you and the car in front to allow for longer stopping distances.

### Smooth Steering

Use gentle, smooth steering inputs to navigate turns and avoid overcorrecting, which can lead to a spin-out.



### Snowball Standoffs: Avoiding Frozen Feuds

#### Establish Rules

Set ground rules like no headshots and keeping the snowballs light and fluffy to avoid injuries.

#### Pick Sides

Divide into teams to make the battle more organized and fair. This prevents any lopsided snowball assaults.

### **Stay Alert**

Keep your head on a swivel and be ready to dodge or duck incoming snowballs. Laughter, not tears, should be the outcome!



## The Frosty Fitness Challenge: Cold-Weather Workouts

1 Proper Layering

Dress in breathable, moisturewicking fabrics to stay warm and dry during outdoor winter workouts. **2** Warm-Up Routine

Spend extra time warming up your muscles to prevent cold-weather injuries like pulled muscles.

**3** Fuel and Hydrate

Don't forget to refuel and rehydrate the cold can mask your body's need for calories and fluids.



# Jack Frost's Revenge: Protecting Your Pipes

### **Insulate Exposed Pipes**

Wrap exposed pipes with insulation to prevent them from freezing and bursting.

#### **Seal Drafts**

Caulk and weatherstrip around pipes that enter your home to block cold air from getting in.

### **Let Taps Drip**

Keep a light trickle of water running through faucets to keep water flowing and prevent freezing.

#### **Know Your Shutoffs**

Locate your main water shutoff valve in case you need to turn off the water quickly.



### Shoveling Superstars: The Art of Snow Removal



### Use the Right Tools

Invest in a sturdy, ergonomic snow shovel to make the job easier on your back.



### **Lift Properly**

Bend at the knees, not the back, and keep your core engaged when shoveling.



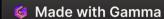
### Take Breaks

Don't try to do it all at once - pace yourself and take short rest periods.



### Clear Strategically

Start early and clear snow in sections to prevent it from piling up too high.





## Winter Wellness: Beating the Seasonal Blues

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### Let the Light In

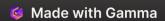
Open curtains and blinds to maximize natural sunlight exposure, which can boost mood.

### **Stay Active**

Engage in regular exercise, even if it's just a brisk walk, to release endorphins.

### **Practice Self-Care**

Treat yourself to warm, comforting activities like a hot bath or a cozy movie night.



### Frozen Fun: Enjoying the Season Safely

### **Dress for the Weather**

Wear layers, waterproof boots, and gloves to stay warm and dry during outdoor winter activities.

### **Buddy System**

Never venture out alone – bring a friend or family member to watch out for each other.

### **Know Your Limits**

Don't push yourself too hard, and be willing to call it a day if you start to feel cold or tired.