

Winter Wellness
Cheat Sheet:
LIFESTYLE HABITS
That Keep Your
METABOLISM
HUMMING



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Your body works hard all winter. Here are the habits that help it work for you rather than against you.

1. Sleep: Your Overnight Metabolic Reset

Deep sleep is when your body regulates hunger hormones, releases growth hormone for fat metabolism, and clears metabolic waste. Winter nights are an opportunity – use them.

- Aim for 7 to 9 hours in a cool, dark room
- Aim to go to bed and wake at the same time daily
- Avoid screens for 60 minutes before bed
- Magnesium glycinate may support deeper sleep

2. Movement: Gentle and Consistent Wins

For women in midlife, consistency matters more than intensity. Gentle daily movement keeps your metabolism active through the cold months.

- A 10-minute walk after lunch and dinner reduces blood glucose by up to 30%
- Two short resistance sessions per week preserve metabolic muscle
- Yoga and stretching lowers cortisol
- Indoors counts - dancing, YouTube walks, and home workouts all add up

3. Comfort Food Done Right

Winter comfort food can be deeply nourishing and metabolically supportive. Build meals around protein, healthy fats, and vegetables.

- Bone broth and slow-cooked meats - these are warming, anti-inflammatory, gut-supportive
- Hearty vegetable soups with protein are filling without blood sugar spikes
- Warming spices: include ginger, cinnamon, and turmeric as they support blood sugar balance
- Healthy fats: olive oil, avocado, grass-fed butter

4. Stress Management: Cortisol and Your Waistline

Chronic stress raises cortisol, which signals the body to store fat and suppresses thyroid function. Managing stress is metabolic medicine.

- 10 minutes of natural light in the morning resets your cortisol rhythm
- Short walks effectively lower cortisol levels
- Journaling for 5 minutes before bed reduces overnight stress hormones
- Set gentle boundaries around screens and demanding conversations

5. Breathwork: Your Built-In Nervous System Reset

Slow intentional breathing shifts your body into rest and digest mode, improving digestion, lowering cortisol, and supporting fat burning.

- Trial box breathing: inhale 4, hold 4, exhale 4, hold 4. Repeat 4 times.
- Four slow breaths before meals improves digestion and nutrient absorption
- Start your day with 10 slow breaths before getting up

6. Staying Consistent When the Weather is Cooler

- Consistency, not perfection, is the most powerful metabolic habit. Give yourself a minimum viable version for hard days. Even 5 minutes counts.
- Stack habits: breathwork with morning tea, walk after main meals
- Prepare tomorrow's food tonight to reduce decision fatigue
- Celebrate showing up, not just outcomes

**Ready for personalised support this winter?
These habits work even better when your nutrition plan
is tailored to your unique hormones, genes,
and health history.**

Book a complimentary phone chat with me.
www.carriereedy.com