

10 Ways to Stay Healthy continued...

6. Layer Up- Winter is much easier to take when you're dressed for it. Dress in layers and keep feet warm and dry with a pair of good boots. Don't forget gloves!

7. Stay Connected- Don't spend the winter hibernating in your house. Get out and engage in fun activities with family and friends.

8. Stay hydrated- Remember to drink plenty of water, even if you don't feel as thirsty in the cold weather.

9. Wash Your Hands- Mom got it right. Handwashing reduces the spread of germs during the winter flu season.

10. Get Enough Sleep- Make sleep a priority. Help your body to stay energized with a consistent sleep schedule.



this issue

10 Ways to Stay Healthy This Winter **P.1**

Chicken Fajitas **P.2**

10 Ways to Stay Healthy This Winter

The holidays are behind us, the new year is ahead, and winter has settled in. It's the perfect time to prioritize your wellbeing, and perhaps, make a few changes. Why not start the year off by taking extra steps to care for yourself during the cold winter months? Here are a few ideas to get you started.

1. Plan Your Ideal Winter Workout Routine- Take advantage of indoor options, such as the Wellness Center or create a home workout space with resistance bands, weights, or a yoga mat. Try exploring fitness apps or online classes for motivation. If you enjoy outdoor winter activities, keep things fun by incorporating winter sports such as skiing, snowboarding, ice skating, or snowshoeing into your winter workout routine.

2. Keep Moving- During your day, stay as active as you can. If you must sit all day, try to get up and move every hour.

3. Pack Your Lunches- Lunches from home are typically healthier, as it allows you to take the time to make better food choices. Another benefit, is it saves money compared to eating out. If you still don't feel too excited about packing lunch, consider getting a new little lunch bag and some bento containers to make it more fun and enjoyable.

4. Stress Less- Stress can negatively impact your physical and mental health, so it's important to prioritize taking care of yourself and finds ways to manage it. Focus on the things you can control, and try let go of what you cannot.

5. Take a break from your devices- Limiting screen time can reduce eye strain, improve mental health, and boost overall wellbeing.

Chicken Fajitas

“Enjoy these easy fajitas with chicken and veggies tossed in fajita seasoning. Wrap them in tortillas for a healthy, delicious, and easy taco night!”

Equipment

- Cast Iron Fry Pan
- Chef's Knife

Ingredients

Chicken Fajitas

- 3 boneless skinless breasts
- 1 onion thinly sliced
- 3 bell peppers thinly sliced
- 2 tablespoons olive oil
- ½ lime

Fajita Seasoning

- ½ tablespoon chili powder
- ½ tablespoon ground cumin
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon oregano
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

For Serving

- tortillas
- light sour cream
- pico de gallo
- avocado

Nutrition Information

Servings: 6, Calories: 137, Carbohydrates: 7g, Protein: 13g, Fat: 7g, Cholesterol: 36 mg, Sodium 275 mg, Potassium 402 mg, Fiber: 2g, Sugar: 3 g, Vitamin A: 2172 IU, Vitamin C: 80 mg, Calcium 24 mg, Iron: 1 mg

This recipe can be found on downshiftoology.com



Instructions

1. **Make fajita seasoning.** Add the fajita seasoning ingredients to a small mixing bowl and stir together.
2. **Season the chicken.** Generously sprinkle the fajita seasoning on both sides of the chicken. Press into the chicken.
3. **Cook the Chicken.** Heat oil in a large skillet over medium heat. Sear the chicken breasts for about 7-8 minutes on each side.
4. **Slice the veggies.** While your chicken is cooking, cut the bell peppers and onion into thin slices.
5. **Cook the veggies.** Once the chicken has finished cooking, move it to a plate and let it rest for a couple of minutes. Add the bell peppers and onion to the same skillet over medium heat and sauté for 4-5 minutes, stirring frequently.
6. **Slice the chicken.** When peppers are almost done sautéing, slice chicken breasts into strips. Slice those pieces in half again for thinner strips of chicken.
7. **Mix and serve.** Add the chicken back into the skillet, add a squeeze of lime juice and stir everything together. Serve immediately with tortillas and extra toppings such as sour cream, pico de gallo and guacamole.