



Wellness at DuPage

Quarterly Newsletter

Winter 2018



How To Get Rid of

the Winter Blues

Go outside within 2 hours of waking up Even if it's cold, take a walk and soak in the natural daylight.

Get a light box Blue light may be more effective at reducing symptoms of seasonal affective disorder.

Take Vitamin D supplements Can produce improvements in various measures of mood.

Eat more Complex Carbs Complex carbs take longer to digest, which means they don't cause spikes in blood sugar that can create roller-coaster like moods; they also increase levels of serotonin in the brain.

Make your house brighter Keep your blinds and curtains totally open during the day.

Stay Social Though it's tempting to hibernate and avoid going out completely in winter – it gets dark at 4pm – force yourself to maintain your favorite social activities.

Make your bed everyday It's a simple way to feel accomplished & keep you from getting back into it!

Get some exercise physical exercise is a proven depression buster, so don't use winter as an excuse to miss all the mood-enhancing endorphins and neurotransmitters.

Keep a set sleep schedule

Limit your caffeine intake caffeine spikes your insulin levels and drops sugar levels, contributing to a sense of fatigue.

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Therapy Services

At Wellness at DuPage, we offer Physical Therapy, Occupational Therapy, and Speech Therapy services. For more information, contact Karen Cerny, Rehab Services Manager at (630) 784-4402.

What's the deal with Bone Broth?

There has been a trendy hot beverage shown to have many health advantages and easy to make.



Heal your gut The gelatin in bones typically used for bone broth is said to seal holes in intestines. It can help ease diarrhea, constipation, and food intolerances.

Protect your joints The broth offers nutritional and health benefits that can help reduce pain and prevent osteoarthritis.

Look younger Bone broth is a rich source of collagen, which is also naturally occurring in the body as a joint protector and stabilizer. Studies have shown an improvement in skin elasticity and fine lines from collagen supplements.

Sleep better Glycine, found in bone broth, may help improve sleep and ward off fatigue.

Increase bone strength The phosphorus, magnesium, and calcium in the bones seep out into the broth, leaving you to sip all essential nutrients for your own healthy bones.

Supplement your diet If you don't regularly eat meat, it can help supply amino acids from animal protein via bones. Amino acids are important for muscle recovery and energy – two key pieces of your fitness performance.

To Make Cram bones in crockpot with whatever vegetables and herbs you have, add water to the top, and boil on low for 24-72 hours. You can drink it, use it to make grains like quinoa using instead of water, freeze for later use, or make soup.

Welcome New Members

Munn Heydorn Priscilla DiMatteo Sue Jansen
Heidi Brewer Grace Barron Ruth Noll

Upcoming Class

Circuit Class

Location The Wellness Center

Date Thursdays at 1pm.

Mar 8th-Apr 12th

This 6 week class is set up with a variety of stations at high intensity to reach exercise heart rate & working on strength, balance & flexibility.

