

# Helpful tips for beating the winter blues

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*Special to the Review*

CATONSVILLE, MD – Nearly everyone gets the winter blues now and then. The days are shorter, the nights are longer, and the cold air nips at the nose, making isolation more common this time of year.

Here are some brief and helpful tips from Charlestown retirement community for beating the winter blues:

## **Stay Social and Active**

This allows people to maintain interactive relationships with others their age. If people get involved in clubs/activities to keep themselves active, they are more likely to stay motivated to participate, and stay socially engaged. Learning new things, challenging oneself, and keeping the mind busy are key.

## **Exercise**

The combination of aerobic exercise with strength conditioning is a good way to stay fit during the winter months and year-round. Moreover, it helps to prevent illness. Group exercise classes that combine aerobic, strength, and balance training are preferable.

Regular socialization has been shown to help with memory, and group exercise provides that opportunity. There is a sense of community and camaraderie with going to group exercise classes. Attendees hold each other accountable for coming to class.

Enjoy the holiday season, the beauty of winter and the wonders of the New Year.