

# Skeehchoosh

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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**Just because it's cold doesn't mean you need to stay indoors or stop moving. Exercising in the winter has some surprising benefits:**

**Increases endurance** – In cold temperatures, your heart doesn't have to work as hard, you sweat less, and expend less energy.

**Burns more fat** – Exercising in cold weather can double the amount of fat you burn. According to researchers, when a peptide found in our muscles (called sarcolipin) is activated during exercise in cold temperatures, it helps your body burn more fat.

**Keeps you from getting SAD** – Regular exercise can protect against seasonal affective disorder (SAD). People can manage or avoid SAD with 30 to 60 minutes of exercise and 20 minutes of exposure to sunlight each day.

## Try these outdoor activities:

Brisk walking or hiking  
Jogging or running  
Raking leaves  
Shoveling snow  
Ice skating  
Sledding  
Cross-country skiing  
Snowshoeing



If you're going outside, plan accordingly. Dress in layers that you can remove if you get too warm. Always cover your hands, head and ears to protect them from frostbite. Wear warm shoes.



## The importance of exercise includes the following benefits:

Controls appetite  
Boosts mood  
Improves sleep  
Reduces the risk of heart disease, stroke, diabetes, dementia, depression and many cancers  
Enhances brain health  
Improves overall well-being  
Reduces symptoms of depression and anxiety  
Increases muscles' ability to burn fat  
Reduces insulin resistance



<https://www.eehealth.org/blog/2022/12/staying-active-winter/>

At Pequot Health Care, we are dedicated to maintaining your good health!

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E-Mail  
[pharmacy@mptn.org](mailto:pharmacy@mptn.org)

 **PEQUOT**  
HEALTH CARE

1 Annie George Drive  
Mashantucket,  
CT 06338



Mashantucket Pequot  
Tribal Nation