



From safety measures to gift ideas and more....

A FITNESS PACKAGE FOR THE HOLIDAYS

The Warm Springs Wellness Committee, in conjunction with OSU Extension, offers an insert full of hints that will help ease tough gift decisions and nutrition concerns and offers winter-time exercise alternatives and a host of other ideas sure to make this holiday season less stressful and more enjoyable. For further information contact OSU Extension or Eva Montée in the Wellness Department.

Gifts don't always have to cost \$\$

Gift ideas for exercisers

Stress reducers

Tasty, low-calorie holiday foods

What makes for a good exercise bike?

Winter-time exercise alternatives

The many sources of carbon monoxide

Good rowing machines

Plus more, more and more!