

### **Winter Routine:**

Eat a big breakfast & fast for at least 4 hours afterwards ([video](#))

At UVA time ([video](#)) - cold exposure ([video](#))  
(optional: combine it with Wim Hof breathing & movement)

Red Light Therapy ([video](#)) + hot shower or cold shower ([video](#)) & earthing ([video](#))

Drink salted water ([video](#))

Sleep in complete darkness ([video](#))

*Ways to warm up without heating:*

- Have a hot shower or bath
  - Go for a walk or run
- Cover yourself with blankets
  - Use hot water bottles
- Wear your jacket indoors
  - Drink tea