

# KEEP WARM WITH THESE GREAT IDEAS!

## Warm yourself first.

It's easier to change your body temperature than room temperature, not to mention more eco-friendly. Instead of turning up the heat, put on another layer of clothing.

## Switch between hot and cold water in the shower.

Hot showers immediately warm you up, but cold showers improve blood circulation between your skin and organs. Cold showers are also correlated with a stronger immune system.

## Go ahead, bake all day.

Using your oven heats up the whole house. You'll feel even cozier if you invite friends—and all their body heat—over to eat four dozen cookies.

## Block drafts with a pool noodle.

Keep heat in and cold out by cutting a pool noodle in half lengthwise, wrapping it in fabric, and sliding it under your door. It'll stay put all winter, and you can re-use it at the pool come summer. (But we recommend you spring for a new one.)

## Turn on the ceiling fan.

Warm air rises to the ceiling. Run your fan on its lowest setting in a clockwise direction to push the warm air back down to where you can feel it.