



Wellness Guide



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winter **STREAK**

WELLNESS PROGRAM



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“Is this book for me?”

Believe it or not, this book can be applied to almost anyone. You don’t have to know what you are doing to get started. While this book does not cover all health topics, it is a starting point for any person who is ready to commit or recommit to a health and wellness journey.

“How do I use this book?”

First, you must commit to making a change. Then follow along with the weekly guide or skip around as needed. Each section contains information and activities to help guide you toward setting and meeting your wellness goal. **There is a tracker at the end of each section. These trackers will help you keep on top of your goals, progress, and barriers. There is also space for you to write a reflection.**

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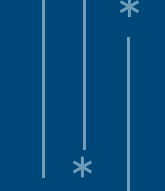
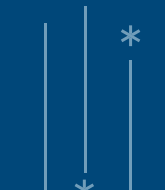
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“I really enjoyed the workshops. I already live a fairly healthy lifestyle, but you can always **gain some insight on little things that can be done to improve upon what you are already doing.** The encouragement to walk in the cold was especially helpful.”

– KELLY, 2022 WINTER STREAK PARTICIPANT

“I thought the series was **GREAT!** Thank you! I liked that it was offered twice a day so if you missed one or knew you couldn’t make one – you could join the other.”

– MAYA, 2022 WINTER STREAK PARTICIPANT

“I always learn something new from these **sessions** that I can incorporate into what I’m already doing. Being retired, I have time to work on my goals better than I did when I worked! Even just having reinforcement of what I already do is a good thing.”

– ROB, 2022 WINTER STREAK PARTICIPANT

“I really enjoyed being able to participate and/or watch the videos. I **liked the interaction of sending in our goals** or answers to topics of discussion and hearing back from someone – that was very kind and encouraging.”

– KRISTIE, 2022 WINTER STREAK PARTICIPANT

Let’s face it - health and wellness do not always come easy. For many of us, wellness plans seem more like a chore than a benefit. Waking up early to work out, micromanaging calorie intake, digging deep for motivation...sound familiar? Let us clue you in on a little secret: it doesn’t have to be that way. Wellness – in all aspects – can change your life. It can help you feel and move better, give you more energy throughout your day, help you lose weight (if that is what you desire), and allow YOU to take control of your overall health. **The best part is, you don’t have to spend hours in the gym and watch what you eat every day for that to happen!**

If you’re up for a challenge, this book is for you. We want to guide you on a journey through some simple steps toward changing your mindset and building new habits around:

- ✓ **Goal Setting**
- 🍏 **Mindful Eating**
- 🧘 **Emotional Well-Being**
- 🚶 **Move!**

Our hope is that you find yourself thinking about and experiencing wellness differently, and learning something along the way! Please note that we did NOT say this would be easy – if it were, everyone would be doing it! Change is hard and takes time, but you are not alone in this. People all around you are to achieve the same goals that you are. Pair up with them, talk about your experiences and learn to appreciate wellness in all forms.

Be sure to visit winterstreak.org to register for workshops, browse resources, and to register for other health and wellness programming.

If you need any help along this journey, please contact Brandi Helman, Community Health Engagement Representative, at bhelman3@wellspan.org.

Sincerely,

The WellSpan Winter STREAK Team





Goal Setting

– the process of deciding what you want to achieve or what you want someone else to achieve over a particular period. *(Cambridge Dictionary)*

“

People with goals succeed because they know where they’re going.

– Earl Nightingale

In this section, we will focus on goal setting. This first step will get you on track to a clearer wellness path. Goals are a huge part of finding success with health and wellness. This guide uses what is called a “SMART” goal, which stands for Specific, Measurable, Achievable, Relevant, and Time-Based. Just as you wouldn’t take a trip without a plan, your wellness journey is no different, and setting a SMART goal is the first place to start. Use the activity on the next pages to set your goal and work toward it. Keep things simple! We suggest setting a goal that can be achieved within the next 4 weeks and then setting another 4-week goal to start creating those **Winter STREAKs**.

Throughout this section you will focus on developing your goal and finding ways to stick to it. You can also use it to explore additional barriers to your goal or ways to help boost your success. You can use this section as much or as little as you like.



SMART Goal Setting

A **SMART** goal can help you find direction and keep you focused while on your wellness journey.

SPECIFIC

What would you like to achieve? Weight loss? Going to the gym a certain number of times per week? Gain weight? Learn to eat healthier?

MEASURABLE

Make sure your goal is something that you can measure, such as “how much” or “how many.” For example, if your goal is to lose weight, how many pounds? *(Please note: The recommended amount of weight to lose per week is ½ to 1 pound; anything over this is considered unhealthy and not something you can keep up with over time.)* If your goal is to eat healthier, how do you plan on doing that in a way that is measurable?

ACHIEVABLE

Be very honest with yourself when you make this goal, and start small. Is your goal realistic? What barriers can you see getting in your way, and how do you plan to overcome those?

RELEVANT

If you find meaning in your goal, you will likely be able to achieve it. Why is the goal special to you? What meaning do you find in this goal?

TIME-BASED

This guide is set up with a pre-set timeline for 4 weeks, but that doesn’t mean your goals need to stop there. Use this book as a guide for your first 4 weeks, and then keep that **Winter STREAK** going! *(At the end of the guide, we will walk you through how to make that happen.)* For now, focus on the next 4 weeks and what you can achieve in that timeframe. Start small and build into a **STREAK!**

3 things I am grateful for:

A number line starting at 16 and ending at 72, with major tick marks every 8 units. The numbers 16, 24, 32, 40, 48, 56, 64, and 72 are displayed inside blue cup-shaped markers.

Actual: _____ oz.

Tip: Ask yourself “What did I do well this week?” Too often on a wellness journey, we focus on everything that went wrong. Start your reflection by focusing on what went right!

[illegible]



Mindful Eating

–the practice of eating with the express purpose of savoring every flavor, aroma and texture of food, as usually accomplished through aesthetic appreciation of the food and slow, contemplative ingestion. (*dictionary.com*)



Mindful eating replaces self-criticism with self-nurturing. It replaces shame with respect for your own inner wisdom.

– Jan Chozen Bays

Have you heard the expression, “You are what you eat”? Silly as it sounds, this statement is mostly true! Food is important to achieving all types of health and wellness goals, so we want to help you find a new relationship with it.

This section is not about restricting your foods or telling you what to eat. If you want advice in that area, please consult a registered dietitian. Instead of tracking meals and counting calories, we want to help you develop awareness of how all types of food make you feel.

Food gives us with important nutrients that our body needs to work properly. Without these nutrients, our body starts to feel a little off. Ever found yourself at the end of a long day eating everything in sight? This might be your body’s way of telling you that it does not have the nutrients it needs.

Looking at every single nutrient in our food and drink can be overwhelming – for example, a simple banana has potassium, vitamins B6 and C, magnesium, manganese, carbohydrates, fiber, sugar, riboflavin, folate, and many other nutrients. Instead, **we will focus here on the 3 macronutrients: carbohydrates, fat and protein.** Each one is needed for our bodies to work properly.



Macronutrient Basics



CARBOHYDRATES

These are starches – potatoes, pastas, breads, sweets, and grains. But more than that, carbohydrates are also found in vegetables and fruits.



PROTEIN

Meats are a major protein source, but you probably already knew that. Other foods that are mainly made of protein are tofu, eggs, and seafood!



FATS

These are foods like cheese, oils, nuts, and avocados. Fun fact: your peanut butter and other nut butters are mostly fat, not protein! Processed meats like hot dogs and sausage also have a lot of fat.

Your goal in this section is to focus on what you put into your body and answer these 2 questions:

1. What is the main macronutrient in the food you are eating?
(If you don't know, just Google it!)

2. How did that food make you feel as you were eating it and after?
(Be honest with yourself on this one.)

By thinking about the types of food you are eating and how that food makes you feel, you may be able to learn more about how different foods and drinks affect your body.

ACTIVITY

How well do you know your food?

Below is a list of foods that most people are familiar with. Your job is to figure out the main macronutrient in each one. (Choose one: Carbohydrates, Fat, Protein).

- Rice _____
- Cake _____
- Chicken _____
- Almonds _____
- Green Beans _____
- Vanilla Greek Yogurt _____
- Tofu _____
- Apple _____
- Hamburger _____
- Black Beans _____

ANSWER KEY

Carbohydrates: rice, cake, green beans, vanilla Greek yogurt, apple, black beans.
Fat: almonds, hamburger.
Protein: chicken, tofu.

Almonds do offer a source of protein, flavored yogurt often has more carbohydrates than fat or protein, many hamburgers have processed meat and can have more fat than protein. When looking at macronutrients, it is always best to check the nutrition labels.

How did it go? Did some of these surprise you? Food is amazing, and it is fuel for our bodies. Take some time to think about your food a little deeper. What macronutrients are you eating a lot of? What macronutrients, if any, are you not getting enough of?

3 things I am grateful for:

Tuesday

Thursday

Water Goal: _____ oz.



Actual: 0Z.

Tip: To create a mindful eating experience, put your fork or spoon down between bites and focus on how each bite of food tastes.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Emotional Well-Being

– an awareness, understanding and acceptance of your emotions, and your ability to manage effectively through challenges and change.
(National Center for Emotional Wellness)

“

I’ve learned that people will forget what you said,
people will forget what you did, but people will never
forget how you made them feel.

– Maya Angelou

Let’s be honest: bad days happen, plain and simple. Sometimes these bad days have an effect on our actions, like what food we eat or whether we exercise.

WellSpan’s Health Educators know that unexpected things happen; it’s part of life. Although bad days are unavoidable, one way you can help yourself is to **change your mindset**. The first step is learning how! There are all sorts of ways to change your mindset, but for the purposes of this guide we will use the “Three Good Things” activity on the following pages. We encourage you to research other methods to find the way that works best for you.



Three Good Things

You may have noticed that each weekly tracker has space to list “3 Things I am Grateful for.” While we have provided space to do this once per section, an ongoing study by Dr. Bryan Sexton, associate professor in psychiatry and behavioral sciences at Duke’s School of Medicine, has found that simply listing 3 good things within 2 hours of bedtime, when done for 7 days in a row, positively impacts mental well-being.

Each day this week, think of 3 things that happened during the day that went well and your role in the positive outcome, then write them down below.

DAY 1

1

2

3

DAY 2

1

2

3

DAY 3

1

2

3

DAY 4

1

2

3

DAY 5

1

2

3

DAY 6

1

2

3

DAY 7

1


2

3

Keep up the good work! If you commit to practicing “Three Good Things” for 15 days in a row, the mental well-being impact can last up to a year!

Emotional Wellness Bingo

Use this Winter STREAK bingo card to focus on your emotional well-being. Try to complete the whole card within a week. After the week is over, take some time to reflect on your experience.

List 3 things you are grateful for	Schedule 'you' time	Take 5 deep breaths	Organize a space	Listen to music you enjoy
Call or text a friend	Send a card to a friend	Turn phone off for 30 minutes	Spend time with a loved one	Don't work during lunch
Go outside	Laugh out loud		Close your computer	Write a coworker a positive email
Walk for 5 minutes	Write a thank you note	List 3 good things that happened today	Turn phone off for 1 hour	Take 10 deep breaths
Dance	Solve a brain teaser	Treat yourself	Stretch	Develop/ practice hobby



Water Goal: _____ oz.



Actual: 0Z.

Tip: To help build your strength, write down 3 things you are grateful for within 2 hours of bedtime!

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Move!

– to put into activity or rouse up from inactivity.
(Merriam-Webster Dictionary)

“

**Movement is a medicine for creating
change in a person’s physical, emotional
and mental states.**

– Carol Welch

This section is all about moving your body in whatever way you like best. You will notice that we do NOT call this section “Exercise.” Although exercise is wonderful, our goal for you in this section is to find joy in moving your body.

Moving during the day, especially if you have a desk job, is not always an easy task. Our goal in this section is to once again shift your mindset.



Make Way for Movement

Let's start by exploring what kind of movement **YOU** like. Here are some things that WellSpan's Health Educators enjoy:

Gardening

Group exercise classes

Playing virtual reality games

Now it's your turn: write down a few activities that get you moving and that you enjoy.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

The next thing is to figure out what kind of challenges you face when it comes to moving your body. These are different for everyone, but we have listed out a few common barriers to movement below:

Not enough time

I don't like it

I don't know what to do

Too much effort

What are your barriers to moving throughout the day? What challenges do you face? Remember, from our first section on goal setting: **writing down and acknowledging barriers is key to finding success in your health and wellness goals.**

Lastly, we want to look at what it is that gets you moving. Again, this is going to be different for everyone, but we have listed a few solutions to movement barriers below:

Not enough time: Try asking yourself: is movement a priority for you? As humans we make time for what is important and what is a priority.

I don't like it/Too much effort: Find a type of movement you enjoy and do it!

I don't know what to do: Start with one of the Winter STREAK bingo cards, start a walking routine outside or use YouTube to find an indoor walking video. Still stuck? Email Health Educator Brandi Helman at bhelman3@wellspan.org for ideas.



Making the Time Commitment

Take some time to look over your responses about what you enjoy, barriers you face, and ways you can beat them. The final piece of the puzzle is making time for your movement each day. Throughout this section we have 2 goals for you. You can choose one or both goals as a starting point to increase your movement.

Goal #1:
Complete the Movement Bingo card on the next page within 7 days.

Goal #2:
Pick out one thing that you love to do (walking, cleaning, yard work, lifting, and so on.) and set a specific time each day this week to do that activity. Research shows that when you are developing a new habit, it is most effective to do that activity at the same time every day. If you are choosing something such as going to the gym or lifting, make sure to decide what you will do before you go. This will help hold you accountable.



ACTIVITY

Movement Bingo

Use this Winter STREAK bingo card to motivate yourself to move in new ways! Try to complete the whole card within a week.

10 frog jumps	Walk 1 mile	5 tricep circles	12 lemon squeezers	20 Russian twists
10 squat jumps	8 burpees	14 jumping lunges	20 mountain climbers	25 jumping jacks
20 jumping lunges	22 mountain climbers	15 push-ups	Walk 1 mile	8 V-ups
20 seated oblique twists	8 tricep circles	15 squat jumps	10 frog jumps	Walk 2 miles
20 skaters	100 jumping jacks	10 burpees	30 high knees	15 push-ups

Not familiar with one of these exercises? Go to the winterstreak.org resources page.

3 things I am grateful for:

2 _____

A number line starting at 16 and ending at 72, with increments of 8. The numbers are displayed inside blue cups: 16, 24, 32, 40, 48, 56, 64, 72.

Actual: 0Z.

Tip: Set an alarm or use a fitness tracker to remind you to move for a couple of minutes every hour.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Staying on STREAK



Remember, you're on a journey, not aiming at a bullseye. Let go of ideas of perfection and enjoy finding your way, rough spots and all.

– Michelle Segar

You did it!

Congratulations, you finished the Winter STREAK Wellness Guide!

That is something to be proud of, and although this guide may be finished, your story certainly is not. Wellness is a lifelong journey. You may stumble along the way, but embrace it and shift your mindset to stay positive and ask for support when you hit those rough spots. Similarly, when things are going well, keep going! Allow that positivity to fuel you into your next goal. Healthy living is supposed to be enjoyable, and we hope this guide helped you discover that.

You might be asking yourself: Where do I go from here? A great way to start the next phase of your journey is by looking back at the beginning of this guide, to the first goal you set. If you completed it, consider setting a new goal and restarting this guide with your new abilities and knowledge. If you have not yet reached your goal, take some time to rethink and figure out how you can accomplish it. Maybe the timeframe you chose was just not long enough, or maybe you need to concentrate on one step at a time. You may want expert help from a registered dietitian, your doctor, or a personal trainer. No matter what path you choose, the most important thing is to continue your wellness journey and not stop here.

And you are not going alone – **the WellSpan Winter STREAK team is ready to help you with your goals.** We've already included some extra tips, resources, and recipes in the following pages. If you wish to reach out to our Health Educators, email Brandi Helman at bhelman3@wellspan.org.

For now, give yourself a high five, pat on the back, or some other reward for coming this far already. Thank you for taking time to focus on yourself and committing to your health and wellness. **Now go out there and keep STREAKing!**

Wellness Tips



The palm of your hand is about the same size as 3 ounces (oz.) which is equal to one serving size of protein.



When eating snacks such as chips and crackers, just take a serving size and then close the box or bag. This will help you limit the amount of food you eat!



Cupping your hands together is about the same size as 2 cups, the serving size for fruits and veggies.



Fruits and veggies are filled with fiber, which helps you feel full for longer.



Sleep has a huge impact on your wellness! Getting 7-9 hours of restful sleep a night will help you reach your wellness goals.



Drink more water! Did you know that sometimes your “hunger” feeling is actually thirst? Try drinking a glass of water as soon as you wake up and before each meal to make sure you are getting enough water during the day.

Simple Food Swaps

SWAP THIS

FOR THIS

Iceberg Lettuce	→	Spinach or Spring Mix
Bread Stuffing	→	Cauliflower Stuffing
Breaded Chicken	→	Grilled Chicken
Chips	→	Popcorn
Sugary Cereal	→	Yogurt and Fresh Fruit
Breakfast Bars	→	Fruit and Nut Butter
White Rice	→	Half Quinoa and Half Rice
White Pasta	→	Chickpea Pasta or Veggie Pasta
White Bread	→	Whole Grain Bread
Soda	→	Tea or Water



Try It!

Give some healthy new food ideas a try! It may take some digging to find new recipes or items in your grocery store, but you may just find your next favorite food, snack, or side!

- **Cashew Queso**
- **Chickpea Chicken Tenders**
- **Butternut Squash Risotto**
- **Cauliflower Tots**
- **Apple Nachos**
- **Rice Paper Vegan Pork Rinds**
- **Veggies & Hummus**
- **Pumpkin Seeds (also called pepitas)**



Tips From WellSpan's Health Educators

“

“It takes 20 minutes for your brain to tell your stomach that you are full. Eat slowly and savor your food.”

– NICKIE

“Meal planning can lead to healthier food choices, more balanced meals, and cost savings.”

– FRAN

“Movement melts away stress.”

– SANDY

“Hydrate your body wisely by choosing a healthy beverage choice.”

– FRAN

“Don’t feel like being active? Commit to 10 minutes of moderate physical activity and then see how you feel. Keep going or stop!”

– NICKIE

“Are you physically hungry and need food, or are you emotionally hungry and need a hug? Know the signs of each!”

– KIM

“Feeling stressed? Read a book! It can reduce your stress hormones by up to 68%.”

– SANDY

“Sleep is one of the most overlooked health prevention tools! Prioritize quality sleep.”

– KIM



Pinto Bean & Roasted Vegetable Tacos

Ingredients

- | | |
|---|---|
| 1 16 oz. can of no-salt added pinto beans, drained and rinsed | 1 medium yellow squash, sliced into coins |
| 2 Tbsp. low sodium chicken or vegetable broth | 1 medium zucchini squash, sliced into coins |
| 1 tsp. olive oil | 1 small yellow onion, sliced pepper, to taste |
| 2 Tbsp. yellow onion, chopped | 8 (6-inch) corn tortillas |
| 1 small jalapeño pepper, seeded and minced | ½ cup prepared green salsa |
| ½ tsp. garlic, minced | ½ cup (2 oz.) crumbled queso fresco cheese |
| Cooking spray | 1 medium tomato, chopped |

Directions

1. Heat oven to 400°F (204°C).
2. Puree beans and broth in food processor until smooth. Heat olive oil in a small skillet over medium-high heat. Sauté chopped onion and jalapeño pepper 4 to 5 minutes or until tender. Add garlic and cook 1 minute more. Add bean puree and stir until well combined. Cook 4 to 5 minutes or until heated.
3. Line baking sheet with aluminum foil. Cut the slices of squash and zucchini into quarters. Spray yellow squash, zucchini, and sliced onion with cooking spray. Sprinkle with pepper. Bake about 20 minutes, flipping sliced vegetables halfway through cooking time.
4. Heat tortillas. Spread about ¼ cup bean mixture onto each tortilla. Top with about ¼ cup squash and onions. Finish each taco with 1 Tbsp. salsa, 1 Tbsp. cheese and chopped tomatoes.

Sweet Potato Quesadillas

Ingredients

- | | |
|--|--|
| 2 small, sweet potatoes | 1 tsp. minced garlic |
| 2 medium red, yellow, or orange bell peppers, cut into ½-inch strips | Cooking spray |
| 1 medium yellow onion, cut into ½-inch strips | 4 (8-inch) whole-wheat tortillas |
| ½ Tbsp. olive oil | 1 cup shredded pepper jack or cheddar cheese |
| Pepper to taste | |

Directions

1. Heat oven to 400°F (204°C).
2. Wash potatoes well. Wrap in aluminum foil and bake about 45 minutes or until easily pierced with a fork. Remove from oven. Unwrap potatoes. Remove flesh from the skins and mash the flesh. Keep warm. (You can also microwave the potatoes to reduce cooking time. Wash the potatoes, pierce with a fork five to six times and microwave on high for 5 to 7 minutes depending on the size of the potato).
3. Heat oil in a large nonstick skillet over medium-high heat. Add peppers, onion, and pepper, and cook 10 to 12 minutes or until tender. Add garlic and sauté 2 more minutes. Remove from heat and keep warm.
4. Coat a medium nonstick skillet with cooking spray and heat over medium-high heat. Add 1 tortilla to skillet and sprinkle with ¼ cup cheese. Heat until cheese begins to melt. Spread about ¼ of mashed potatoes over ½ of tortilla; top with ¼ of pepper and onion mixture (use slotted spoon for pepper and onion mixture to drain off excess moisture). Fold over tortilla and cook about 1 to 2 minutes on each side or until browned. Remove quesadilla from heat and keep warm.



Chipotle Chicken Bowls

4 Servings

Chicken and Bowl

Ingredients

- 3 Tbsp. canola oil (divided use)
- 1 minced chipotle pepper (Add 3 Tbsp. adobo sauce from a can of chipotles in adobo)
- 1 Tbsp. honey
- 1/8 tsp. ground black pepper
- 1 lbs. boneless, skinless, thinly sliced chicken breast
- 2 Tbsp. red wine vinegar
- 5-oz. package spinach, spring greens, or arugula
- 1 pint cherry tomatoes (halved if desired)
- 1 medium avocado (peeled, diced)
- 1 cup shredded carrots (about 2 large carrots)
- 1 cup sliced radishes
- 2 green onions (finely chopped)

Directions

1. Add 2 Tbsp. oil, the minced chipotle pepper, adobo sauce, honey, and pepper to a large resealable plastic bag. Add the chicken. Tightly seal the bag. Gently push the chicken around the marinade, tossing to coat well. Let stand for 10 minutes. Meanwhile, prepare the quinoa.
2. In a large nonstick skillet, heat the remaining 1 Tbsp. oil over medium-high heat, swirling to coat the bottom. Add the chicken and marinating liquid. Cook for 4 to 6 minutes, or until the chicken is no longer pink in the center and the marinade comes to a boil. Remove from the heat. When the chicken has cooled slightly, transfer it to a cutting board. Chop the chicken into bite-size pieces. Transfer any remaining liquid from the pan into a small bowl. Stir in the vinegar until well combined. Set aside.
3. Once the quinoa has finished cooked, add the spinach to bowls. Add the cooked quinoa and chicken. Top with the tomatoes, avocado, carrots, radishes, and green onions. Drizzle with the dressing.



Cilantro-Lime Quinoa

Ingredients

- 1 1/2 cups water
- 3/4 cup quinoa
- 2 fresh medium limes (zested and juiced)
- 1 1/2 cups chopped, fresh cilantro

Directions

1. In a medium heavy pot, add the water, and quinoa. Bring to a boil. Reduce the heat to low. Cook, covered, for 15 minutes, or until the quinoa absorbs all the liquid. Remove from heat.
2. Stir in the lime zest and juice. Top with cilantro.

Blueberry, Strawberry and Jicama Salsa

Ingredients

- 1 cup fresh blueberries
- 1 cup diced strawberries
- 1 cup diced jicama
- 1/3 cup chopped cilantro
- 1/4 cup finely chopped red onion
- 2 Tbsp. finely chopped jalapeno pepper, stemmed, and seeded
- Juice of 1 large lime
- Whole-wheat Tortilla chips, for serving

Directions

1. In a medium bowl, combine blueberries, strawberries, jicama, cilantro, red onion, jalapeno, and lime juice. Stir until well combined.
2. Serve with tortilla chips at room temperature or chilled.



