

# HOW TO MANAGE THE DARK SEASON



# THE CLOCK



# SUN AND LIGHT



# HYPOXIA AND HYPOXEMIA



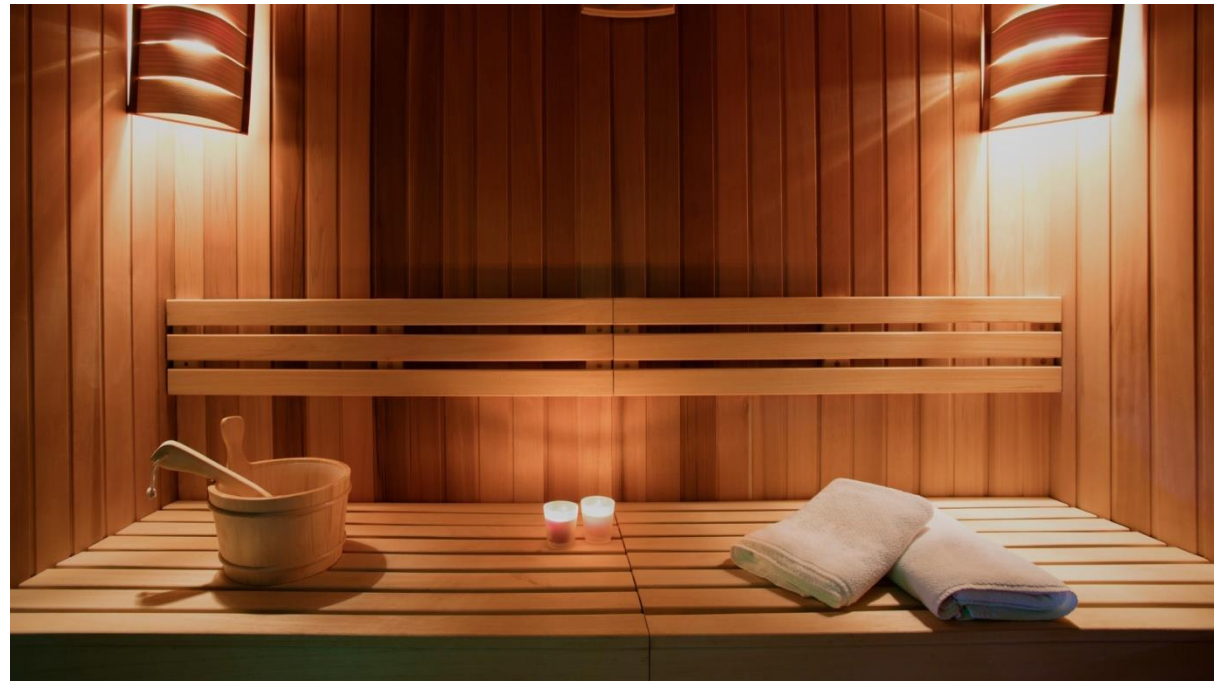
# CLOTHINGS AND REFLECTIVE ADD-ONS



# SPICY DRINKS



# THE SAUNA



# FIND AN ACTIVITY





# GET WINTER TIRES





# **CLOSING REMARK & QUESTIONS**