

THE HOW TO GUIDE

WINTER HIBERNATION

MATTHEW - BURGUNDY HOUSE



Winter Hibernation Survival Guide



Now Winter is definitely gripping us tight, and the warmer days seem like a distant memory it's time to plan for how we're going to get through. We've put together some handy tips for you to consider while you go into hibernation.



Let's get started!



Slow Cook!



There's nothing that makes winter more wintery and cosy than coming home to slow cooked lamb shanks, or pumpkin soup. Stop passed the bakery on the way home and serve up delicious soup with some crusty bread.

You'll survive the cooler months and cut your food bill.

Keep it social!

Get together with some friends and start up a dinner party rotation. Winter's 12 weeks long, if you caught up for dinner every second week, that's you and 5 other friends, or if you went for every 3 weeks, that's you and three other game individuals.



Dinner parties are fun, it gets you out of the house, but best of all, you save cooking for the night.

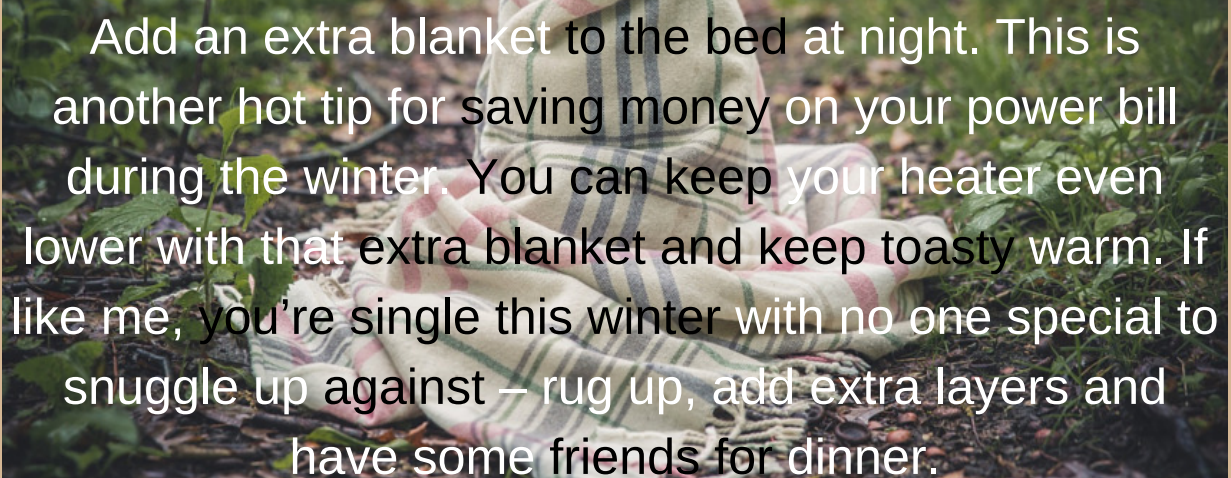
If you have thermostat heating, don't be tempted to run it too high or you'll be a victim of bill shock. 18-22 is a good bet to take the chill out of the air. If it's so warm you're sitting there in a shorts and t-shirt, you could turn it down.

Keep your cool!

3

4

Rug Up and Snuggle Up!



Add an extra blanket to the bed at night. This is another hot tip for saving money on your power bill during the winter. You can keep your heater even lower with that extra blanket and keep toasty warm. If like me, you're single this winter with no one special to snuggle up against – rug up, add extra layers and have some friends for dinner.

5

Stay Healthy!



Getting sick is the worst part of Winter in my book. A nutritionist would confirm you should eat plenty of fruit and vegetables ALL year round, but I say especially at the moment. Keep up with the Vitamin C, your oranges and apples and broccoli.

Winter is an ideal time to try hot yoga, and it can reduce your stress levels and let you briefly forget the single digit temperature outside.



6

Put some aside!

Start up a savings plan so when Winter is really REALLY too much for you, later on in August you have everything you need to fly north for the Winter and tease all your friends with pics of you on the beach sipping cocktails in the sun.

By putting away around \$100 a week per person for the duration of Winter, you could have a nice tidy little sum saved ready for a 3 day long weekend in late August or September.

Check out your favourite travel agent and start saving while you dream yourself warm.

Winter Hibernation Survival Guide

Don't be isolated this
Winter time, come and
have a chat with me, let me
buy you a coffee or better
yet, a hot chocolate and we
can keep you on your road
to a warm financial future.

Call Matthew from
Burgundy House
0416 414 242



We're the finance brokers
here to help you get ahead
with more than just your
home loan needs.

