

YOUR GUIDE TO WINTER WELLNESS

Learn how to keep a spring in your step throughout the colder months

IT'S NOT JUST IN YOUR HEAD...

Research has found that we are, in fact, more susceptible to getting ill during winter.

Viruses that are responsible for cold and flu survive and multiply much easier in colder conditions. Plus, viruses are more effective at making you unwell when the temperatures drop and the air becomes dryer because water droplets (from sneezing or coughing) stay airborne for longer.

Not to mention that the shorter, darker days can have an effect on vitamin D levels and your mental health.

So, **what can you do to ensure that you and your family stay healthy?**



MAKE HYGIENE A TOP PRIORITY

Always cover your mouth with a tissue when you sneeze or cough and throw it in the bin straight after. Remember to prevent the spread of nasty viruses by washing your hands and disinfecting surfaces regularly.

It's also a good idea to avoid touching your face in case your hands contain any germs.



ENCOURAGE HEALTHY HABITS

A healthy lifestyle, coupled with a balanced diet, is a great way to defend yourself against illness. Ensure that you're getting enough nutrients, sleeping for at least eight hours a night, making time for exercise and keeping stress levels to a minimum.

Why not encourage your loved ones to join you on a walk outdoors? Not only will the fresh air and daylight lift your spirits, but it's a great way to stay active!



TAKE A VITAMIN D SUPPLEMENT

Your body needs sunlight to produce most of its vitamin D. Therefore, the shorter and darker days that winter brings make it more challenging to maintain the necessary vitamin D levels.

A lack of vitamin D not only weakens your immune system and leaves it more susceptible to infection, but it can also have a negative effect on your **mental health**.

As a result, the **NHS** recommends that all adults and children over the age of one in the UK should take 10 micrograms of vitamin D every day throughout autumn and winter.

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