

Boost your immunity

It's important to take care of our health throughout the year but during the winter months it becomes even more essential. Eating well, getting enough sleep and staying active are all important during winter to help keep you and your family healthy and to support your immune systems. Supplements containing herbs and nutrients such as echinacea, garlic, vitamin C, and zinc, will help to support healthy immune function.

Eating well

As winter sets in it can be tempting to start eating more of those warm comfort foods that are often high in fat, salt and sugar. Instead, find comfort in foods such as warming and nourishing soups and stews full of flavour and healthy vegetables.

Be sure your diet includes winter fruit and vegetables packed with vitamins and minerals such as sweet potato, green leafy vegetables, beetroot, kiwifruit, mandarins, bananas, garlic

Physical Wellbeing

Sleeping well

Proper sleep (eight hours for an adult) can help keep the body's immune system healthy and fight off colds. Avoid alcohol, caffeine and cigarettes as these substances can affect the quality of your sleep. Regular, moderate exercise, relaxation techniques and establishing a regular sleep routine may help to promote improved sleep.

Keep moving

While it's a little harder to find the motivation to exercise when it's cold outside, remember that keeping active during winter is essential to support our health and wellbeing. Moving your exercise indoors during winter will help to keep you warm as well as fit and healthy. Be sure to spend time warming up before you start your exercise as it can take a little longer for your joints to loosen up in the cold weather.



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