

Be Your Healthiest During the Most Unhealthy Time of the Year!

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As we make our way through cold, flu and virus season, we are always looking for ways to stay healthy. Most of us *know* what we need to do but a little reminder once in a while doesn't hurt. Here are a few easy habits we can add into our day to help us be at our healthiest during the height of germ season.

Our main focus is to keep our immune system strong and one way to do that is by washing our hands well and often. This is probably the best thing we can do to keep those nasty little germs at bay.



Exercise is not only a benefit to us physically and mentally but some studies have shown that it can increase white blood cells whose main function is to fight off infections, so let's get moving everyone!



During the winter months, we tend to forget that we can still get dehydrated. Water makes up approximately 60-70% of our bodies and is essential in regulating everyday functions of the body. Water helps to transport nutrients throughout the body, helps maintain blood pressure, supports the immune system and helps maintain a proper body temperature.



And, of course, eating a balanced diet is so important during this time of year. A well balanced diet full of fruits, vegetables, lean meats and/or other protein sources, whole grains and low-fat dairy has been known to help in fighting infection.

These are just a few things that can aid us in staying healthy, there are many more ways to help us out during germ season. Choose the ones that are most beneficial and work best for you and your busy life-style.

Be well!