



Krys Hess, BS Nutrition Science, SNS, Nutrition & Wellness Chair

Well, winter is officially here, whether we like it or not. Some of us love the cold weather and find it invigorating, others...well, we're counting down the days until we are back to 80° days and sunshine. Whatever category we fall under in regards to our love of or loathe of winter, we all want to stay healthy and take the best care of ourselves and our loved ones that we can. Here are a few winter wellness tips to help you stay healthy. First and foremost...**DRINK PLENTY OF WATER!** One of the best things that we can do for ourselves is to stay hydrated during the winter months. Drinking enough water helps to boost your immune system and helps you fight viruses, it aids in preventing dry winter skin AND it's required for your body to function properly. We also want to ensure that we **GET ENOUGH SLEEP!** Don't forget how valuable sleep is to our bodies in maintaining good health. Lack of sleep can lower your immune system and make you more susceptible to getting sick. Maintaining a consistent sleep schedule and getting the appropriate amount of sleep per night lets your body recover and protects you against sickness. We also want to work hard to **KEEP THE GERMS AWAY!** Three words...**WASH...YOUR...HANDS...**this is one of the best ways to avoid getting sick and spreading common winter illnesses. Germs are everywhere so we need to make sure we wash our hands frequently. Last, but not least, **STAY ACTIVE!** The worst thing we can do during the winter months is decrease our level of activity. Outdoor activities can be limited due to the weather so get creative in your movements. Take extra steps in your office each day, replace your office chair with an exercise ball, try some yoga, make time for meditation or lift some weights or...all of the above. The possibilities are endless! These are just a few ideas for staying healthy during the winter months, take some time to see what works best for you and your busy schedule. Hopefully these tips will get you through some of the dark days of winter and prepare you for the bright, warm days of spring!

**BE WELL!!**