

# FUEL UP WARM UP

## WINTERIZING YOUR HEALTH

Don't let cold and flu season get the better of you this winter. To help you strengthen your natural defences and keep you on the path to winter wellness, read on...

### THINK VITAMIN D

Vitamin D from the sun helps jumpstart your body's natural defences. But during the colder, shorter days of winter, getting enough vitamin D from the sun is hard - this is where certain food can play an important role. Try adding fortified low-fat dairy products, whole grain cereals, and fish with healthy fats like salmon or tuna to your shopping list. On sunny days, pop outside for a little while for a natural dose of the sunshine vitamin. But if you'll be outside for longer periods, don't forget sunscreen. Remember the skin on your face and hands still needs protection from UV rays during the colder winter months.

In the UK and Ireland, it is recommended that everyone considers supplementing Vitamin D throughout the months of September to April, when the days are shorter and skin exposure is minimal.

### SUPPORT IMMUNITY

The best defence is a good offense! Improve your chances of staying well all winter long with immune supporting foods. Eating a balanced diet high in antioxidant vitamins is a great way to up your game. Try sweet potatoes, carrots, and other orange foods for vitamin A; turn to citrus fruit for a daily dose of vitamin C; and get vitamin E from sensible portions of nuts and fortified cereals. Looking for an antioxidant trifecta? Dark leafy greens like spinach are true nutrient powerhouses that also help process and unlock energy from other foods.

### SNACK SMART

Cold weather paired with long days indoors can be a recipe for overindulging in snacks. Resist temptation by practicing mindful eating and by setting a regular snack time as part of your daily routine. It's okay to nibble between meals if you're hungry—just keep snacks under 150-200 calories, and make them count toward your daily servings of fruits and veggies.

## **DRINK UP**

Quenching your thirst in the summer heat is a no-brainer, but cold weather hydration is important for optimal health all winter. Ensure you're still reaching your recommended 2-2.5litres a day – your skin will thank you, as it is more prone to drying out in the winter months – staying hydrated will keep the skin supple. In addition to water, warm up with hot beverages like antioxidant-rich teas and coffee (but go easy on the sugar and sweeteners).

## **CATCH SOME ZZZs**

A strong immune system is one that's had enough time to restore itself. Sleep is critical during cold and flu season. Being run-down can affect your ability to fight off infections. A good night's sleep does more than help us stay awake during the day—sleeping well can help you be well! Hit the hay for 7-9 hours each night to reap the benefits.

## **KEEP MOVING**

Exercise is essential all year round. In our next blog, we look at the importance of staying active throughout the winter months, so you can stay warm without bulking up, along with clever winter-training-hacks.

Too many tips to keep track of? Just remember these three "R's": REPLENISH with the right foods, REVIVE with exercise, and REJUVENATE with rest.

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