



6 Tips for Winter Health and Wellness

With the cold and wet weather well and truly upon us, it's a good time to take stock of your winter wellness regime. These quick and easy tips could make a big difference in your mental and physical wellbeing this winter!

1. **Improve Indoor Air Quality:** Now that you are spending more time inside, try to vacuum and dust twice a week and regularly wash your bedsheets. Also, change your air filters once a month, along with the vacuum filter.
2. **Eat Healthy:** Eating those tasty, hearty comfort foods that are so tempting in the winter months is fine, but make sure you also include plenty of fruits and vegetables, whole grains and lean proteins. Beef stew, chili, lentil soup, and roasted vegetables can be healthy *and* hearty meals!
3. **Stay Hydrated:** The cold air outside and the warm air inside can be very dehydrating, so make a point of drinking water regularly.
4. **Stay Active:** The cold, wet weather can make it less than motivating to get regular exercise, especially now when some fitness centres are closed and group exercise classes aren't running because of the pandemic. If you are looking for some help to keep your exercise regime on track, consider doing some Personal Training or using online workouts. Some fitness centres are offering group exercise classes online and can be a great resource. Alternatively, bundle up and get outside for a brisk walk or run in the crisp cool air!
5. **Get a Flu Shot:** More people than ever are getting the flu shot this year, it's a great way to take one potential cause of illness off the table!
6. **Wash Your hands:** This tip is an obvious one as we are in the middle of a pandemic, but a reminder never hurts!