

In good health

Wellness & Prevention

Winterize your body!

Every year winter comes and every year it seems that the cold, the bouts of sickness, and the winter blahs catch us unprepared. The year we want to help you get ready to keep the winter blues and sniffles at bay. Here are some important tips from our healthcare experts:

Wash your hands

Winter is cold and flu season. Washing your hands is a simple and effective way to help prevent the spread of germs and stay healthy.

Get your flu shot

The best way to avoid the flu virus is by getting vaccinated. Washing your hands can only do so much, and it's next to impossible to completely prevent the spread of germs. Flu vaccination is the most effective way to help prevent the flu.

Eat healthy

Hearty foods may offer comfort when it's cold outside, but that doesn't mean you can't eat healthy during the winter. A healthy diet includes plenty of fruits and vegetables, whole grains, low-fat dairy, and lean protein. Chili, beef stew, lentil soup, roasted vegetables, and even pot roast or chicken cooked with vegetables can all be comforting and nutritious.

Stay hydrated

People don't typically associate dehydration with winter, but you can get dehydrated regardless of the temperature outside. Your body loses a lot of fluid during the cold, dry winter months, and many are less diligent about hydration. Make a point to drink water and replenish fluids.

Stay active

It can be difficult to stay motivated to exercise during the winter, but adults still need a minimum of 30 minutes of physical activity each day. Bundle up in weather-appropriate layers and enjoy a walk, or join a gym to get the exercise you need indoors.

Visit your primary care physician

The choices you make contribute to your overall health, but you don't have to go it alone. Scheduling annual visits with your doctor is one of the best things you can do to maintain good health and wellness. Request an appointment with your primary care physician today!



Be proactive! Prepare yourself for winter and help keep the seasonal blues and sniffles away!

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