

10 WAYS TO STAY HEALTHY IN WINTER

Temperatures are plunging, the flu is raging, and winter is upon us. If you want to enjoy your regular winter activities, staying healthy is a must. Here are ten ways to do it.

1. Spend Time in a Sauna

Aside from being an escape from the bitter cold, time in a sauna comes with a host of health benefits. Try a daily sauna for 15 minutes or so to help preserve muscle mass, improve skin strength, and relax muscles.

2. Explore Mindfulness

Mindfulness activities can help keep the winter doldrums away and help individuals to remember that the cold, gray months are only temporary. It can bring peace and contentment which can also keep the immune system healthy.

3. Eat Healthily

Foods rich in vitamin C will keep the immune system strong throughout winter, making it important to eat a variety of foods like bell peppers, butternut squash, wild rice, and more.

4. Stay Hydrated

Even during cold weather, it's important to stay hydrated by drinking plenty of water. A study from the University of New Hampshire found the chance of dehydration increases during the colder months.

5. Get a Flu Shot

Whether you've noticed it in your own city or on the news, the flu and RSV are running rampant this season. So far this season, there have been at least 4.4 million flu cases and 2,100 deaths from the flu. Get your shot scheduled ASAP if you haven't.

6. Spend Face Time With the Sun

It's a must for living beings to have the sun. If you've noticed you feel a bit more sluggish during the gray winter months, there's a reason: the sun is away and you need it. Time in the sunlight releases the feel-good hormone called serotonin, a must-have for good mental health.

7. Prepare for Winter Outings

If you do need to go out in icy or wintery weather, be sure to prepare. That means layering up and keeping snacks inside your vehicle along with blankets and an emergency kit. Don't get caught in winter weather unprepared.

8. Workout Inside

If you would rather stay inside than head to the gym or outdoors for a workout, your options are plentiful to still get a sweat session in. Try free workout resources or do a simple bodyweight circuit complete with stretching, jumping jacks, sit-ups, push-ups, and running in place.

9. Keep Up Your Nighttime Routine

Sleep is a must, especially during the busy holiday season. Don't skip sleep multiple days in a row — your body will pay for it and you'll end up getting sick. Follow your nighttime routine. Don't have one? Now is a great time to make one.

10. Listen to Your Body

You know your body best. When you're tired, rest. When you're hungry, eat well. When you're emotionally exhausted, take a break from social media. Listen to your body and follow up with your doctors as needed throughout the winter season.

