

5 Tips to Stay Healthy During Winter.



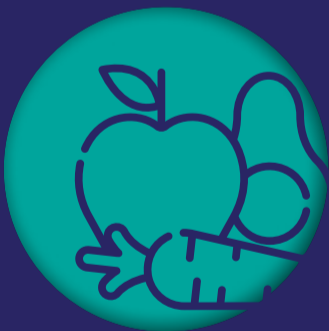
Wash your hands regularly

Washing your hands regularly can lower your risk of getting a cold or the flu.



Drink plenty of fluids such as water and tea

Drink at least 8-10 glasses of water/tea a day to ensure you stay hydrated. Hot tip – drinking tea can boost your immune system, fight off inflammation and may even lower your risk of heart disease.



Eat plenty of seasonal fruits and veggies

Include more fruits and vegetables into your breakfast, lunches and dinners. Not only are they packed with plenty of vitamins and nutrients, they are also a delicious additive to any meal.



Exercise regularly

By exercising just a few times a week, you'll give your immune system a boost. Consider taking part in indoor activities such as squash or yoga and at home exercises.



Get your flu shot

Make sure to protect yourself and others by getting your flu shot this winter.