



As winter approaches and the weather starts getting colder, it's the time of year we hope our immune system is strong enough to fight off bugs that may be around the work and home environment.

How can you stay happy and healthy when winter is fast approaching?

Exercise

While exercise is less appealing in winter, it is however more effective.

Did you know that you can burn up to 50% more calories in winter than you would on the same walk in summer as your body has to work harder to stay warm?¹

Some great winter sports include hockey, netball, skiing, snowboarding, swimming, aerobics and dance classes.

Entertain

Invite friends and relatives over for dinner. A great idea is to have a mid-winter Christmas dinner.

Try something new

A new hobby helps you to stay off the couch and keep that brain active.

Why not try one of these

- Painting classes
- Photography course
- Learn a language
- Attend a Toastmasters course
- Enrol in a cooking class
- Volunteer.



¹ Ezine Articles, Tips for Winter Wellness, Beardsmore K. Retrieved from <http://www.ezinearticles.com>



Vitamin C (ascorbic acid)

One of many antioxidants recommended for cold treatment and prevention.

Antioxidants are nutrients that block some of the damage caused by free radicals, which are by-products that result when our bodies transform food into energy. All fruits and vegetables contain some amount of Vitamin C. Citrus fruits, green peppers, strawberries, tomatoes and potato are all excellent sources of Vitamin C.²

Drink more water

Even though you won't feel like it as much as in summer, it is important to drink just as much water to flush out those toxins.

Take a holiday

Winter is a perfect time to get away and take some time out.

Healthy eating

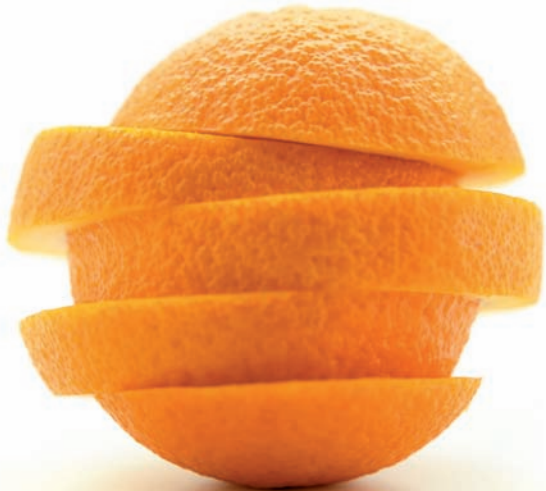
As the days and nights get colder so too do our bodies. Soup is a great way to fill yourself up and it helps to keep you warm.

Drink green tea

It's full of antioxidants and great for warming you up.

Eat those vegetables!

They are also full of antioxidants and are great for boosting your immune system.



² <http://www.nlm.nih.gov/medlineplus/ency/article/002404.htm#Function>

The information given in this flyer is of a general nature and you should always seek specific medical advice for treatment appropriate to you. If you are a Southern Cross member, to find out what level of cover may apply for a particular condition please check your policy document or phone us on 0800 800 181.