

Health tips for your wellbeing this Winter

Staying active outdoors

Aim to keep going for walks even during the colder days. It's the most underrated activity for staying active and it's easy and accessible. Get your steps in by increasing your daily step count average or doing a walking route. Any increase is a great way to start.



Healthy Habits

Spending more time indoors can increase bad habits, like snacking on unhealthy foods, smoking or drinking too much, which can affect your weight, sleep and mental health.

Ideas for healthier habits...

- Snack on fresh fruit or mixed nuts
- Alternate between alcoholic and non-alcoholic drinks
- Download a quit smoking app for support



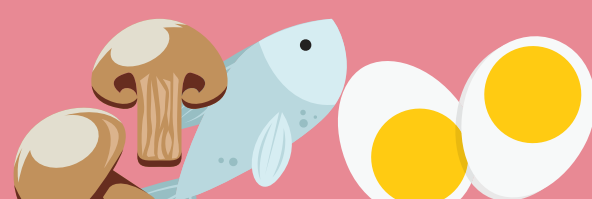
Looking after your mental health

Your mood can get lower during the darker and colder months so as well as exercising and eating well, it's important to stay in touch with friends or family to improve your mental health. Try joining local community groups, such as book or sports clubs or arrange a day out with friends you have not seen for a while.



Vitamin Boost

During the summer months, our major source of vitamin D is from sunshine. Between November and early March (when the sun doesn't give off enough UVB radiation for us to use) getting more vitamin D into your body is the best option for keeping your bones and muscles healthy. Vitamin D is also really important to keep our immune system working well. Try eating these sources of vitamin D to get you started...



Oily fish, Mushrooms, Egg yolks