

Health & Wellbeing

WINTER HEALTH

Did you know?

The common cold accounts for up to three years of the average person's life!!

The most common illness among humans does not occur as a result of wet hair, stress or a change in temperature.



When the weather forecast is at a low, our immune systems are weakened making us more susceptible to colds.

A single cold virus can have 16 million offspring within 24 hours!

How to avoid the common cold:

- Wash your hands
- Keep household surfaces clean
- Maintain a healthy lifestyle
- Control stress
- Stay at home when sick
- Visit your local pharmacy

5 ways to stay healthy this winter

The NHS suggest the following ways to make sure you can keep healthy and fit, no matter what the weather's like.

1. Banish winter tiredness

- Get outdoors in natural daylight as much as possible
- Get a good night's sleep – go to bed and wake up at the same time everyday
- De-stress with exercise or mediation – stress has been shown to make you feel tired

2. Eat more fruit and veg

Although tempting to fill up on unhealthy comfort food during the winter months, it is important to ensure you still have a healthy diet and eat 5 portions of fruit and veg each day.

3. Drink more milk

You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition.

Milk and dairy products such as cheese and yoghurt are great sources of protein, vitamins A, B12 and calcium.

4. Try new activities for the whole family

Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity.

5. Have a hearty breakfast

Winter is the perfect season for porridge. Porridge helps boost your intake of starchy foods and fibre, which give you energy and help you feel fuller for longer.