

# Winter Health Tip

## Embrace a Healthy Diet

**Consume a variety of fruits, vegetables, and whole grains to support your immune system. Be sure to include foods rich in vitamin C, such as citrus fruits, to help prevent winter illnesses.**





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## Boost Your Immune System

Equip your body to fight off winter illnesses by consuming immune-boosting foods. Incorporate ginger, garlic, turmeric, and foods rich in Vitamin C and D into your diet to support a robust immune response.





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## Keep Moving - Stay Active

Choose indoor activities that you genuinely enjoy. Stay active by jumping rope, practicing yoga, playing an indoor sport, or joining a gym. Doing something you love increases the likelihood that you'll stick with it.

