



Tips to Stay Healthy During the Winter Months!



Prevent the spread of communicable disease by washing your hands well before and after eating and after using the restroom.



Get a flu shot for the 2012-2013 seasonal flu viruses. Contact your health care provider for recommendations on the type of inoculation you need and locations in your area.



If you are ill, stay home and concentrate on getting better so that you don't pass the infection on to others and worsen your condition by going out.



Food-borne illnesses can spoil your holidays! Be sure that foods needing refrigeration are not left out for more than two hours. Bacteria from improperly stored foods can cause serious gastrointestinal illnesses.



Don't lose momentum on your exercise program during Fall and Winter. You can work out at a gym, community center or at home. Outdoor exercise such as walking or jogging can be healthy and comfortable if you protect your head, hands and feet and layer your clothing to coordinate with your level of activity.



Even though it's cold outside, the sun's rays can damage your skin. Both adults and children should be protected by wide-brimmed hats and sunblock.

How much physical activity do adults need?

According to the Centers for Disease Control and Prevention:

2 hours and 30 minutes of moderate intensity aerobic activity (ie, brisk walking) every week
Muscle-strengthening activities on 2 or more days a week that work all major muscle groups

OR

1 hour and 15 minutes of vigorous-intensity aerobic activity (ie jogging or running) every week
Muscle-strengthening activities on 2 or more days a week that work all major muscle groups

OR

An equivalent mix of moderate and vigorous aerobic activity
Muscle-strengthening activities on 2 or more days a week that work all major muscle groups

For more information on how to stay safe while exercising in cold weather: <http://www.mayoclinic.com/health/fitness/HQ01681>