

Winter Wellness: Keeping our immunity strong

As winter approaches and the day's get shorter and the weather gets colder, it's that time of year we hope our immune system can fight off bugs. Here's some easy tips to keep you and your family well this winter.

Hand washing:

Washing our hands regularly will help to reduce the amount of germs we are exposed to. Wash both sides of your hands and between your fingers for at least 20 seconds, using soap and water. Dry your hands with a paper towel or a clean dry towel.



Moving your body:

“A 30 minute walk outdoors helps support our immune system and mental health. Breathing in the fresh air, supporting vitamin D production, and keeping our muscles strong.”



Water Intake:

“Staying hydrated is important all year round and supports our immune system. Hot drinks are a great way to stay hydrated and warm in the winter months.”



Healthy eating:

Fruit and vegetables are our immune systems best friend. Go for colour, like citrus fruits and dark leafy greens for vitamin C and nutrient rich options. When you are picking a meal or snack to eat, remember the three words: balance, moderation and variety.



Air your home:

Open windows during the day (even for a short time) and then close them before the sun goes down or before you turn on the heating. A well-aired home helps keep it dry and keeps your family well.



Make time for sleep:

Put it on your to-do list. Sleep deprivation can increase your vulnerability to colds and flu's.

- 0-2 Months 10.5-18.5 hrs
- 2-12 Months 14-15 hrs
- 12-18 Months 12-15 hrs
- 3-5 Years 11-13 hrs
- 5-12 Years 9-11 hrs
- Adolescents 8.5-9.5 hrs
- Adults 7-9 hrs



Feeling unwell:

If at all it gets a bit too much always consult with your GP or call Healthline for free medical advice:

0800 611 116



Interested in finding out more information about keeping well through Winter? Head to Sport Wellington's Wellbeing Hub, or Health Navigator online.

Rongoā Kākāriki
GREEN
PRESCRIPTION


sport
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Supporting a healthy, active region.