



**HEALTH TOTAL**

Simple - Real - Scientific

Health & Wellness  
tips for  
**Winter**

[www.health-total.com](http://www.health-total.com)



*Shorter days and colder weather can lead to some bad habits. Health-conscious people who normally exercise and eat their vegetables may find themselves sitting indoors, watching television, and eating junk food during the winter. Your health is important throughout all stages of life, and throughout the entire year. Dry skin can cause scaling, itching and cracking, and it can affect any area of your body. Certain weather conditions, like cold temperatures, cause your skin to dry out.*



*Here are a few health and wellness tips for winter to help you stay in good health.*

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## **1. Stay warm out there**

Before going out in the cold, bundle up in loose-fitting layers.



## **2. Put the 'D' in your diet**

The body can make vitamin D when skin is exposed to sunlight, but production often drops in winter. To compensate, get plenty of the vitamin from foods.



## **3. Veg out the right way**

Shop for colorful, healthful, in-season fruits and vegetables. Like Oranges are packed with vitamin C, Bananas are loaded with potassium and sweet potatoes rich in vitamin A.



## 4. *Be kind to your skin*

Cold air and low humidity can lead to dry, itchy skin. To protect your skin, limit showers or baths to no more than 10 minutes and use warm (not hot) water. Afterward, blot dry gently and slather on a moisturizing cream or ointment.



## 5. *Get tough on germs*

Reduce the spread of germs that cause colds and flu. Wash your hands often for about 20 seconds. Soap and water are best, but if they aren't available, use an alcohol-based hand sanitizer.



## ***Skin care***

Cracked and dry skin can be annoying in winter. Drinking a lot of water and using a good moisturizer can help you combat this problem.

## ***Regular exercise***

Many people feel lethargic during winter days. It is very challenging to stick to your exercise plans these days, but there are many other ways to stay active and warm like Yoga, walking or dancing.



## ***Eat a lot of proteins***

**Protein-rich foods** can increase your energy levels throughout the day. Proteins help to build tissues and boosts the metabolism of the body.





## ***Add omega-3 rich foods in the diet***

Omega-3 are healthy fatty acids that are found in various sources, particularly in fishes and plants. These healthy fats contribute to good skin health, and works as an anti-inflammatory.



## ***Eat more fiber***

Soluble fibers are commonly found in fruits, grains, vegetables, nuts, and seeds which are very helpful for your digestive problems, particularly in winters.



## ***Cut down carbs from the diet***

Yes, carbs are necessary for your body in winters but up to certain limits. The cold season stimulates your carb cravings and comfort food. Why? Because this delicious food increases the serotonin levels that make you happier and increase your cravings which can lead to obesity.



## ***Load up on fruits and vegetables***

Fruits and vegetables are rich in various vitamins, antioxidants, minerals, and fibers. They help to boost your immunity and protect you from different diseases.



## ***Tulsi and honey health shot every morning***

Winter days come with a risk of getting cough and cold where tulsi and honey help to keep yourself fit. If you have a tulsi plant at home, take a leaf from the plant each morning and consume it along with a spoonful of honey to prevent seasonal cold and cough.





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