



Safety Alert

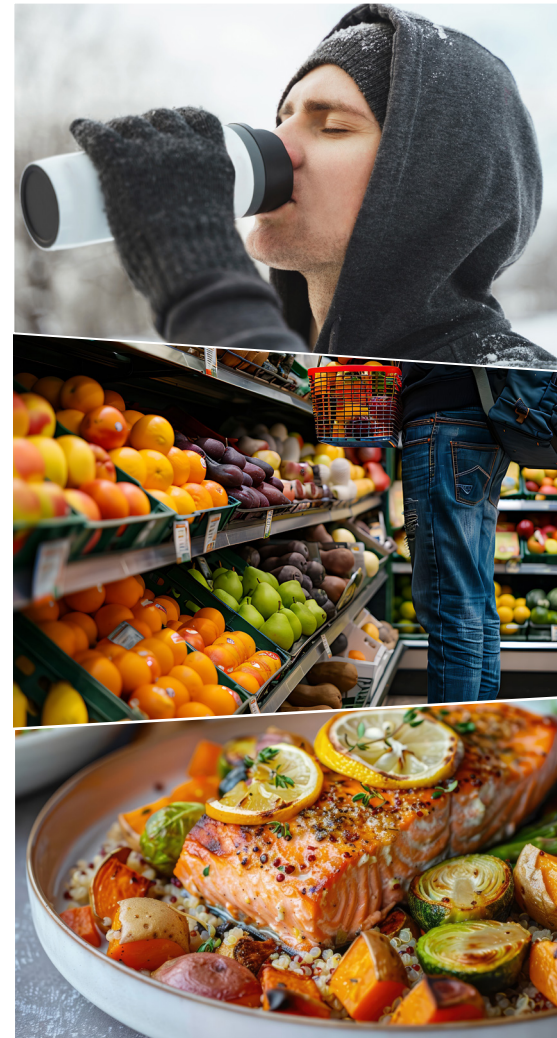
Healthy Habits for Winter and Beyond



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While important year-round, maintaining proper nutrition and hydration habits during the winter months can help to support your overall health and well-being. Here are some healthy habits you can practice:

- 1. Stay Hydrated:** Even though we may not feel as thirsty during colder months, it's essential to stay hydrated. Drink plenty of water, herbal teas, and warm beverages to keep your body hydrated.
- 2. Practice Healthy Eating:** Making mindful eating choices can be helpful to support a healthy lifestyle. Consider the following:
 - **Eat seasonal fruits and vegetables.** Include a variety of seasonal fruits and vegetables in your diet. They are packed with essential nutrients and antioxidants to support your immune system and overall health. Examples include citrus fruits, pomegranates, kale, Brussels sprouts, and winter squash.
 - **Consume immune-boosting foods.** Incorporate foods that are known to boost the immune system. These include garlic, ginger, turmeric, mushrooms, and foods rich in vitamin C like oranges, strawberries, and bell peppers.
 - **Prioritize whole foods.** Whenever possible, opt for whole foods over processed foods. Choose whole grains, lean proteins, and healthy fats to provide your body with essential nutrients and energy.
 - **Include healthy fats.** Include sources of healthy fats in your diet, including avocados, nuts, seeds, olive oil, and fatty fish such as salmon. These fats are important for brain function, hormone production, and overall health.
 - **Limit sugary and processed foods.** Reduce your intake of sugary and processed foods, as they can weaken your immune system and lead to weight gain. Consider healthier snacks like nuts, seeds, yogurt, or homemade granola bars.



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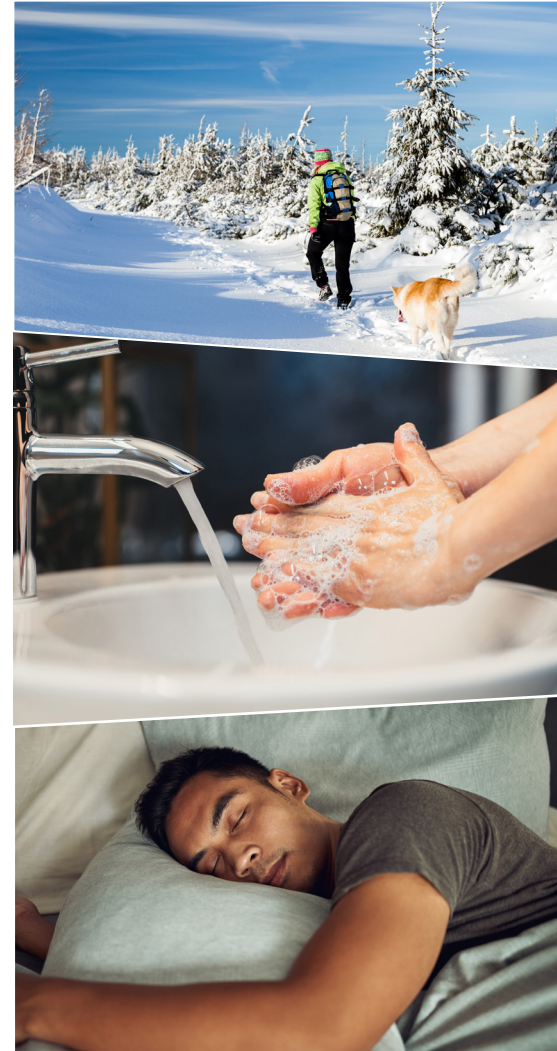
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3. **Stay Active:** Engage in regular physical activity to support your overall health and immune system. Bundle up and go for walks, try indoor workouts, or engage in winter sports like skiing or ice skating.
4. **Stay Warm:** Keep yourself warm during the winter to maintain optimal body temperature. Dress in layers, use blankets, and sip on warm beverages to stay cozy.
5. **Limit the Spread of Germs:** Remember to cover your mouth and nose when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow.
 - Wash your hands regularly using soap and warm water and scrub for at least 20 seconds. If you can't wash your hands, use an alcohol-based hand sanitizer.
 - Stay home when you're sick and seek medical attention and testing if you feel flu or Covid-19 symptoms.
6. **Stay Rested:** A lack of sleep can lower your immune system. Maintaining a consistent sleep schedule and getting seven to nine hours of sleep per night helps your body recover and protect against illness.
7. **Manage Dry Skin:** Cold air and low humidity can cause dry, itchy skin. Protect your skin by wearing lip balm, using a humidifier in your room, limiting your time in the shower or bath and immediately applying lotion after you dry off.

Remember, it's important to listen to your body and adjust your habits based on your individual needs and preferences. For more information on winter habits and workplace safety, please contact your Strategic Comp Loss Prevention Consultant.



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