

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

WELL IN WINTER - A PLAY FOR YOUR HEALTH

## THIS COULD BE A TOUGH GAME

The onset of colder temperatures brings exciting times like the holidays and football. However, it also ushers in a greater potential for unpleasant symptoms, missed work and misery.

In fact, it is helpful to think of sickness in terms of playing football, with YOU as the coach. In order to stop an opposing team of germs, we need a strong defense! Our immune system is that defense. But how do we ensure our defense is ready?

## 1<sup>ST</sup> DOWN - KNOW THE PLAYS



Your team has to know the playbook! Similarly, your body needs a reliable sleep and wake cycle of good quality. Sleep allows for mental and physical repair, enhances memory, and makes us stronger after exercising. On the other end of the spectrum, exposure to sunlight is also vital in that it helps prevent depression. It also maintains vitamin D levels which will help your team stay strong!

### The Playbook:

- ✓ Get 6-8 hours of sleep at night.
- ✓ Sleep in total darkness.
- ✓ Avoid caffeine 12 hours before bed.
- ✓ Get 20-30 minutes of sun exposure per day.
- ✓ Sleep and wake around the same times every day.



## 2<sup>ND</sup> DOWN - FEED YOUR TEAM

- Eating a variety of different colors of fruits and vegetables prepares your immune system for a strong attack.
- Each color on the spectrum works together like players on a team.

**What color groupings did you try today?**  
(check all that apply)

- Orange       Yellow       Green  
 Red                       Blue/Purple



***Coach's Quick Take***

Keep your 'team' strong using a variety of colored vegetables in your diet, getting proper sleep and sun exposure, managing mental stress, and taking steps to prevent the invasion of excess germs.

### 3<sup>RD</sup> DOWN: DON'T STRESS, ROOKIE



- **Get a Mascot:** The loving bond between an owner and pet can help reduce blood pressure, lower cholesterol levels, and improve heart health, along with the activity inherent in pet care (e.g. walking the dog).
- **Build a Strong Social Network:** Studies show that people with strong relationships were 50% more likely to recover from an illness.
- **Keep a Winner's Attitude:** Positive thoughts give the immune system a healthy boost.
- **Keep Your Body Moving:** You get the most benefit when you exercise at a moderate level 3-5 times per week.
- **Limit Alcohol:** Drinking too much alcohol can weaken the immune system. Limit alcohol to 2 drinks a day for men and 1 drink a day for women.
- **Punt the Nicotine Habit:** Occasional and regular tobacco use harms nearly every organ of the body. Smoking causes many diseases and weakens the immune system.

### 4<sup>TH</sup> DOWN: STRAIGHT ARM THE OFFENSIVE TACKLE!



Wash hands throughout the day with soap and warm water for a minimum of 20 seconds each time.

Regularly disinfect high contact surfaces with an alcohol based cleanser.

Wash hands before:

- 1) Preparing or eating food
- 2) Caring for someone who is sick
- 3) Treating a cut or wound

Wash hands after:

- 1) Using the restroom
- 2) Changing a diaper
- 3) Blowing your nose, coughing, or sneezing
- 4) Touching an animal
- 5) Handling pet food or treats
- 6) Touching garbage

**Have you received your flu shot yet? Y / N**

*Although Flu shots are not 100% effective, they are a quick easy way to lower your risk of getting the flu virus.*

## WHAT IS YOUR GAME PLAN THIS WINTER SEASON?

Choose a 'play' you can convert on in the next month. Then consider what other plays you can add to your game plan over the next month. Your Wellness Coach can help you win the game by helping you set goals for better health this winter.



My Goal: \_\_\_\_\_

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RESOURCES
<a href="http://www.webmd.com">www.webmd.com</a>
<a href="http://www.cdc.gov">www.cdc.gov</a>
<a href="http://www.pubmed.com">www.pubmed.com</a>
<b>For More Information visit</b> <a href="http://www.WellnessCoachesUSA.com">www.WellnessCoachesUSA.com</a>