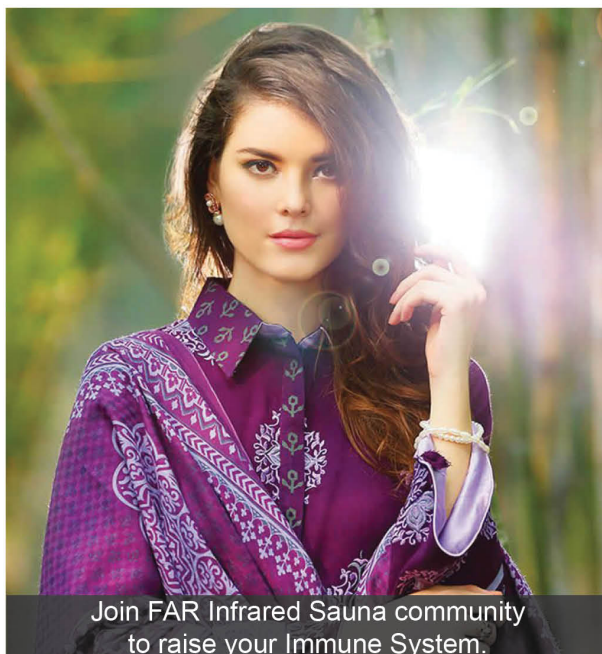




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SECRETS to GOOD HEALTH in WINTERS

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While a lot many factors go in to determine good health especially during winter. We have listed in this article a few that can be good pointers to start with. Good health has become a priority in today's times. Read on to have a better idea of your health.

Diet : As the season is getting colder, the chances of falling sick are getting higher!

People tend to focus more on the holiday planning's and less on their own health during winters. With the falling temperature, our craving for warm foods increases and there's nothing wrong in enjoying the winter comfort foods but, are you getting enough nutrients out of those food items to keep yourself healthy?

With shorter days and longer nights, the motivation for exercising and eating the right food is very hard to find and this habit of us can

weaken our immune system, making us susceptible to a lot of diseases! Do you know that if you make some changes in your diet then, you can actually stay fit and healthy during the winter season? Yes, that's right! Food can be very powerful in preventing the winter-related illnesses from causing us trouble. Here are some diet tips which will save you from the winter sickness.

Make a date with Porridge : Start your day with a healthy slow-release breakfast, which will keep you full of energy until lunch. Warming oats are a great way to start your morning, try topping with nuts or seeds and some seasonal winter fruit like apples, pears cranberries or dates.

Choose fruit and veggies rich in vitamin C : Add foods like sweet potatoes, tomatoes, red peppers and citrus fruits to your meals as they contain vitamin C, which plays an important role in the immune system and energy levels, especially important if you regularly exercise." Light Exercise / Yoga : Finding time to work out can be challenging any time of year, but especially in the winter. As the blustery, cooler months arrive, the idea of traveling to and from



the gym, or finding a time that actually fits into the dwindling daylight hours, becomes more challenging.

With the season comes freezing temperatures, snow, darker nights, and just more clothing to lug around. The answer? Go ahead and give into your nesting instincts this winter... you can still stay fit and active! Creating a home workout routine can be just as beneficial as a gym, plus it's stress-free, inexpensive, and customizable to whatever you need. My favourite home workout by far is yoga. By creating a home routine, you can move at your own pace, stretch how you like, and practice any of the poses you want that you might have felt uncomfortable or intimidated doing in a group setting. Plus, control over the music! All you need is a little self-motivation and you'll have your home practice routine down in no time. Here are some tips and a great routine to get you started.

Health is a state of being, and a fragile state of being at that

Worry this winter :

Dry Skin : Dry skin is a common condition and is often worse during the winter, when environmental humidity is low. Moisturising is essential during winter. Contrary to popular belief, moisturising lotions and creams aren't absorbed by the skin. Instead, they act as a sealant to stop the skin's natural moisture evaporating away. The best time to apply moisturiser is after a bath or shower while your skin is still moist, and again at bedtime.

Weight gain in Winter : Exercising daily may already be a struggle, and adding another obstacle in the form of cold and unruly weather can really extinguish any motivation. The tendency of the numbers on the scale to creep up isn't helped by all the rich holiday foods and gatherings that involve large meals. To best combat weight gain, make a conscious effort to get at least 30 minutes of exercise such as an indoor spin class, or even a yoga class, to outsmart the elements—at least several times

per week. Also be sure to not binge on the holiday sweets that may be around; leave the cookies for Santa.

Painful Joints: Many people with arthritis say their joints become more painful and stiff in winter, though it's not clear why this is the case. There's no evidence that changes in the weather cause joint damage.

Top tip: Many people get a little depressed during the winter months, and this can make them perceive pain more acutely. Everything feels worse, including medical conditions. Daily exercise can boost a person's mental and physical state. Swimming is ideal as it's easy on the joints.

Heart Attacks : Heart attacks are more common in winter. This may be because cold weather increases blood pressure and puts more strain on the heart. Your heart also has to work harder to maintain body heat when it's cold.



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