



# HEALTH CORNER

## December 2014

### *Did you know?*

Getting fresh air is good for you!

As the weather is getting colder, people tend to want to stay indoors more. Being cooped up indoors with others can expose you to all sorts of germs. We are now in the cold and flu season. So, in addition to getting a flu vaccine, we need to take measures to keep ourselves healthy. Getting outdoors to take a walk and get fresh air can help boost your immune system which helps you fight off germs and getting sick! The smells in fresh air can reduce stress and increase happiness. Some other benefits of fresh air are: aids digestion and improves blood pressure and heart rate.

Find activities to do in the colder weather to get fresh air and stay active such as ice skating or snow shoeing some snow shoeing on all the trails in our area.

In addition to activity, the holiday season gets more difficult to maintain a healthy diet with all the cookies, candies and pies! With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruits as a festive and sweet substitute for candy. Limit fats, salt and sugary foods.

For more Holiday and safety Tips, visit CDC website at <http://www.cdc.gov/family/holiday/>

HAVE A FUN AND SAFE DECEMBER AND HOLIDAY SEASON!