

Top 5 tips to stay fit and healthy this Winter

Kate Save, Accredited Practicing Dietitian and Accredited Exercise Physiologist from PPN, shares her top 5 tips to stay fit and healthy during the colder months

1. Stay active

It's cold, but you need to get out there and get some fresh air and move. Not only does exercise improve your fitness level and assist with weight maintenance, it also helps to prevent chronic health conditions such as Diabetes, Cardiovascular Disease and Cancers. 30 minutes a day releases endorphins, improves your mood and leaves you feeling revitalised for the rest of the day.

2. Eat seasonal fruits and vegetables



Higher in vitamins and minerals as there is less transport and storage involved. You may also notice that citrus fruits are in season during Winter, just when we need extra Vitamin C to help prevent colds and flu. Aim for serves of fruit and 5

serves of vegetables per day.

3. Keep your fluids up

It's very easy to forget this one during the cooler months. Hydration is important for weight maintenance and weight loss.

4. Probiotics

There is so much evidence now of the link between healthy gut bacteria and healthy immune system – start taking one of these on a daily basis, this can be as simple as having yoghurt daily.

5. Increase your zinc intake

There is a strong correlation between zinc and fighting infections, so aim to include red meat, poultry, seafood and nuts and seeds into your daily diet to help to ward off those colds and flu this winter.

