

WINTER WELLNESS GUIDE



With cooler weather and more time indoors, it's essential to safeguard your health against seasonal illnesses. Get a healthy head start to the new year with these expert recommendations and actionable tips from the team at The Cambridge.

PREVENTING ILLNESS

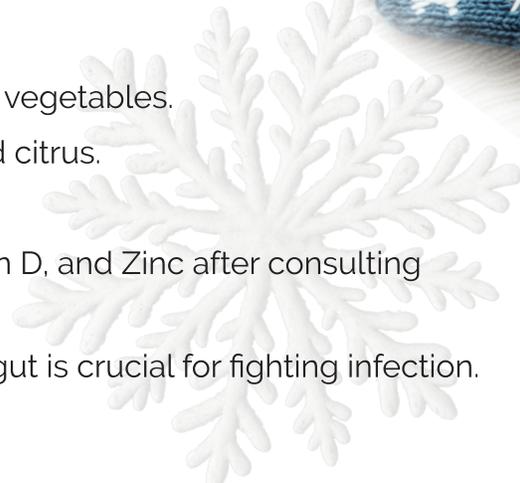
Stay one step ahead of the flu with these simple yet effective habits.

- **Get Vaccinated:** The CDC states the single best way to reduce your risk is to get a flu shot each year. Haven't had one yet? It's not too late!
 - **Wash Your Hands:** Use soap and water frequently or an alcohol-based hand sanitizer to stop the spread of germs.
 - **Avoid Touching Your Face:** Keep your hands away from your eyes, nose, and mouth.
 - **Improve Ventilation:** Open windows to circulate fresh air, use an air purifier, and ensure your HVAC filters are clean.
 - **Cover Your Cough:** Always cover your mouth and nose when you cough or sneeze.
 - **Avoid Sick People:** Keep a safe distance from anyone who is showing signs of illness.
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BOOSTING YOUR IMMUNE SYSTEM

Strengthen your body's natural defenses with healthy lifestyle choices.

DIET & HYDRATION

- Eat a balanced diet rich in whole grains, lean protein, fruits, and vegetables.
 - Incorporate antioxidant-rich foods like berries, leafy greens, and citrus.
 - Stay hydrated by drinking plenty of water throughout the day.
 - Consider immune-boosting supplements like Vitamin C, Vitamin D, and Zinc after consulting your physician.
 - Support gut health with prebiotics and probiotics, as a healthy gut is crucial for fighting infection.
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LIFESTYLE ADJUSTMENTS

- **Prioritize Sleep:** Aim for 7-9 hours of quality sleep per night to help your body fight infection.
- **Stay Active:** Regular exercise increases antibodies and blood flow. Move your workouts indoors, try home exercise videos, or walk in a mall.
- **Manage Stress:** Chronic stress weakens the immune system. Practice relaxation techniques like deep breathing, meditation, or gentle yoga.
- **Stay Socially Connected:** Social connection is essential for maintaining a healthy body, mind, and spirit. Schedule time with friends and family, join a club, volunteer, or participate in group activities.

SEASONAL WELLNESS & SAFETY

Adapt your routines for the changing seasons to maintain your physical and mental health.

PREVENTING FALLS

- Wear shoes with non-slip soles for better traction on wet or icy surfaces.
- Use handrails on stairs and ensure your home is well-lit.
- Keep walkways clear of wet leaves, debris, and ice.
- Use a cane or walker for extra support if needed.



MANAGING SEASONAL AFFECTIVE DISORDER (SAD)

- **Get Sunlight:** Spend time outdoors during daylight hours whenever possible.
- **Mingle with Others:** Maintain connections with friends, family, and neighbors. Social interaction is vital for mental well-being.
- **Seek Help:** If you experience persistent sadness, fatigue, or loss of interest, speak with your doctor about light therapy, psychotherapy, or other treatments.

Cultivate a Healthy Lifestyle with The Cambridge

Preventing illness is a key part of thriving at any age. Our Cambridge team is passionate about supporting senior health, safety, and well-being, offering on-site services, social opportunities, and a caring, supportive environment for healthy living.

Contact us today to learn more or to schedule a tour at our Smyrna senior living community.

smyrnaseniors.com



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