



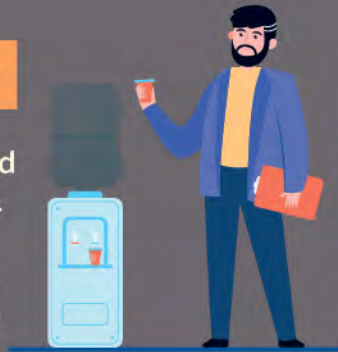
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## Drink plenty of water

Experts advise drinking around 6-8 glasses of water each day.

If you don't feel like drinking cold water during the autumn and winter, you can drink warm water, or opt for herbal tea that also offers lots of antioxidant benefits, such as mint or green tea.



## Improve your sleep

A lack of sleep can have a serious effect on your immune system, making you more vulnerable to catching colds and having a detrimental effect on your autumn and winter wellness. At this time of year we have the opportunity to get some early nights, but it's important to keep regular hours, so go to bed and get up at the same time every day, even at weekends.



## Regular Exercise

During the autumn and winter, it can sometimes be hard to find the motivation to stay fit, with outdoor exercise often sacrificed in favour of warm nights indoors on the sofa.

However, it's vital to keep your workout schedule going during the winter. It is recommended that you take a brisk walk for more than 20 minutes a day, for five or more days a week, to reduce the threat of getting ill during the colder months.



## Adding Spices

Not only do onions, garlic and ginger add flavour to your dishes and make food taste great, they've also been shown to help improve immune function.



Curry is a wonderful warming dish to have in the winter, and adding turmeric also ensures that you'll keep your immune system functioning well.



## Eat the right things

Vitamin C is one of the most powerful immune-boosting vitamins available - foods such as oranges, kiwi fruit and broccoli. Soluble fibre found in apples, oats and nuts is also good for boosting your immune system.

Studies have shown that omega 3 fatty acids (commonly found in oily fish, as well as nuts and seeds) can help to reduce depression.

