



11 AUTUMN WELLNESS TIPS

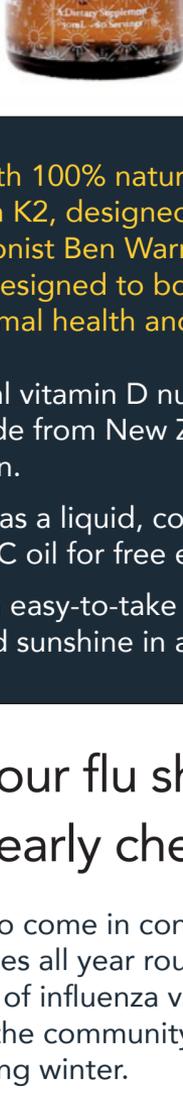
The transition to the shorter and busier days of Autumn can be a challenge. To help ease the change, we've put together 11 Autumn Wellness Tips to get you ready for the colder months and keep your mental and physical health in check.

1. Consider taking a Vitamin D supplement.

We get most of our Vitamin D from the sun, so our intake decreases when the weather is cooler since we spend more time inside during the autumn/winter seasons.

Did you know that 84% of New Zealanders were deficient in vitamin D when measured at 80nmols, the level established as required for optimal health?

Check out our Subscription prize this issue:



A high-strength 100% natural vitamin D with vitamin K2, designed by leading clinical nutritionist Ben Warren, BePure Vit D Restore is designed to boost vitamin D levels for optimal health and energy status.

- 100% natural vitamin D nutritional support made from New Zealand sheep lanolin.
- Formulated as a liquid, combined with coconut MTC oil for free energy.
- Comes in an easy-to-take dropper. Think of it as liquid sunshine in a bottle!

2. Get your flu shot and yearly check-up.

It is possible to come in contact with influenza viruses all year round. However, the likelihood of influenza viruses circulating in the community significantly increases during winter.

For most people, the best time to be vaccinated against influenza is before the start of the winter season.

**Influenza.
Don't get it.
Don't give it.**

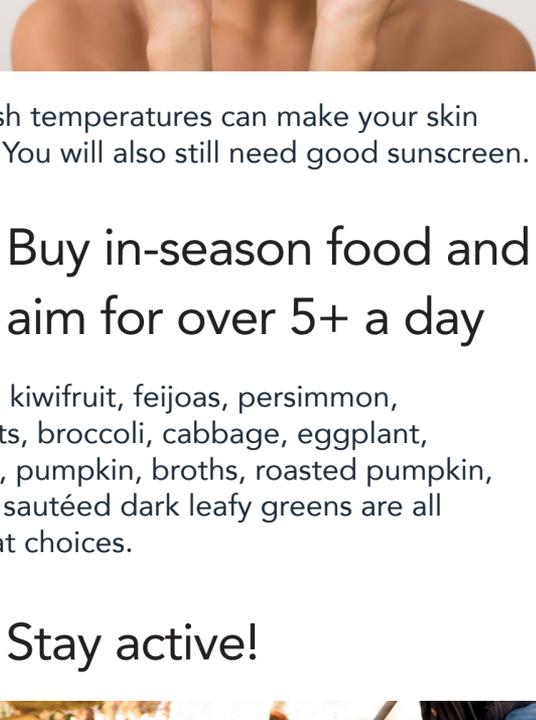
3. Boost your immune system.

You can do this by drinking plenty of water, washing your hands often to prevent sickness, and eating nutritious foods, and following good sleep habits.

4. Make some plans for beyond the cold months.

Heading into the winter, we tend to hibernate if we don't have things to keep us busy. It's great to have something to look forward to particularly if it involves your friends and exercise. Get out in nature and enjoy some walks, plan a weekend away to explore our beautiful country as the leaves start to fall.

5. Moisturize your skin.

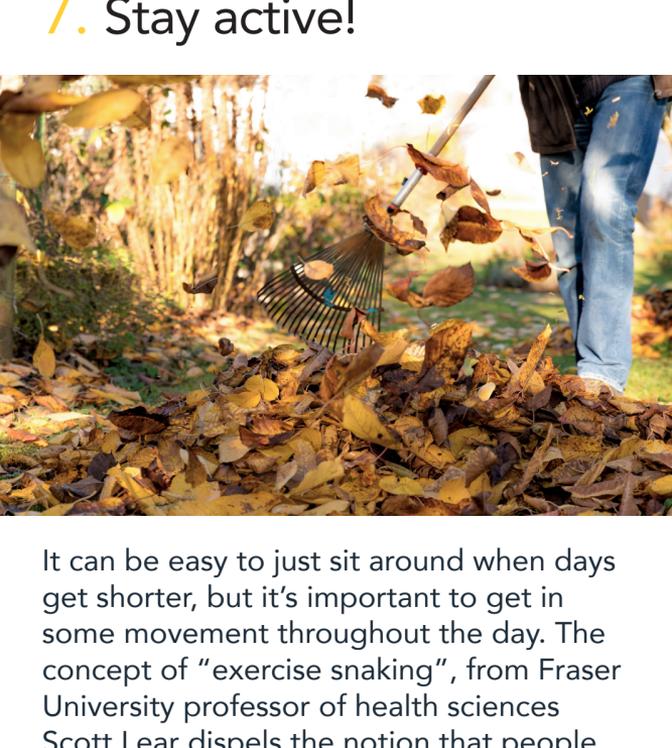


Harsh temperatures can make your skin dry. You will also still need good sunscreen.

6. Buy in-season food and aim for over 5+ a day

with kiwifruit, feijoas, persimmon, Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted pumpkin, and sautéed dark leafy greens are all great choices.

7. Stay active!



It can be easy to just sit around when days get shorter, but it's important to get in some movement throughout the day. The concept of "exercise snaking", from Fraser University professor of health sciences Scott Lear dispels the notion that people must do large chunks of activity or exercise to see any benefit. Raking leaves or doing your garden counts!

8. Check out an online course,

pick your favorite hobby or interest and get researching online, so many great ways to get skills and knowledge and keep your brain active.

We love Just a Thought courses, developed by clinicians and researchers, Just a Thought offers free online Cognitive Behavioral Therapy courses that are easy to use and proven to work.

<https://www.mediboard.co.nz/wp-content/uploads/2020/07/Free-online-therapy-for-all-New-Zealanders.pdf>

9. Be kind to yourself.

The shorter days can cause low mood, and the change of temperature can cause sickness. Listen to your body and give it what it needs, and don't beat yourself up! Try reframing negative thoughts into positive ones.

10. We promote the benefits of being smoke-free

with World Smoke-free Day in May. Quitting smoking is your own journey and story. Stopping smoking is one of the best things you can do for your current and future health. There is a range of free stop smoking support services and subsidised medications that can make quitting a bit easier.

Vaping can provide the nicotine that smokers desire, but with fewer of the toxins that come from burning tobacco. You get to stay social, spend less, and once you've quit smoking you'll feel better for it.

<https://www.mediboard.co.nz/wp-content/uploads/2020/07/Vaping-facts-English.pdf>