Take Control of Your Health this Winter Season!
Boost your immune system and keep your health in-check for the holidays.

- Exercise for at least 30 minutes several days a week.
- Eat healthier meals by increasing your fruit and vegetable intake.
- Drink eight, 8-ounce glasses of water each day.
- Quit or cut down on tobacco use.
- Get quality sleep.
- Practice relaxation or meditation techniques to manage your stress.
- Work on your favorite hobbies or start a new one.
- Spend quality time with family and friends.