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Upcoming Events

Webinar on
**"GLOBAL MARKET ACCESS -
Through regulatory compliance
(Module – European Union & North America)**
19 November 2020

[Register here](#)

Webinar on
NEW LABOUR CODES 2020
20 November 2020

[Register here](#)

Workshop on **Thermography**
25 November 2020

[Register here](#)

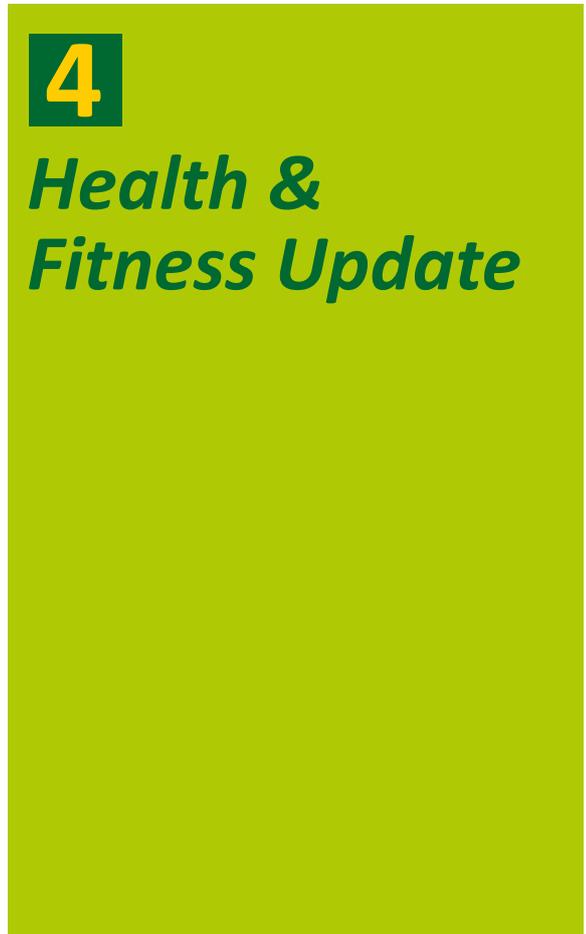


 How to Stay Healthy, Fit and Safe
During the Winter Season? 



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Health & Fitness Update



How to Stay Healthy, Fit and Safe During the WINTER SEASON?

With so many events like family dinners, festivals and holiday parties, we have plenty of distractions to keep us away from focusing on our health and taking care of ourselves.

Once the holiday season is over, many people begin to experience depression or feelings of anxiousness. With colder weather and shorter days, the motivation to stay healthy and fit can be difficult. This can lay the foundation for a weakened immune system.

Diet and Exercise Tips

While the winter season might increase the risk for weather-related injury, the biggest risk to our overall health is a lack of attention to diet and exercise routines. During the holidays, we find ourselves so busy finalizing travel plans, finishing up with tasks at work, buying and wrapping gifts and crossing everything off of our checklists that we forget to prioritize our healthy habits.

As if all the insanity of the holidays isn't detrimental enough to our healthy habits, the chilly and unpleasant weather can also make it very difficult to find the motivation to get to the gym or head outdoors for exercises. In tandem with this, the additional time spent indoors means many of us snack more than we would typically at other times of the year. This combination that can quickly add on the pounds and reduce our happiness and self-esteem over time.

Maintaining proper diet and exercise routines is also necessary to ward off illness. It is estimated that up to 20% of the United States population gets the cold or flu each year. Wintertime presents a higher likelihood to develop cold and flu than during any other season. Here are some winter diet and exercise

tips to show you how to stay healthy and fit during winter's colder months:

Reduce Your Carb Intake

The cold season tends to ignite our cravings for more carbs. To counter this, try eating a protein-packed breakfast to keep your energy levels up throughout the day. Be sure to have low-fat and healthy snacks on hand.

Add Omega 3 Fatty Acids

Omega 3 fatty acids are a healthy type of fat that are naturally found in many food types including fish, plant seeds and nuts. Omega 3 fatty acids are good for reducing joint pain and stiffness as they are a natural anti-inflammatory. Omega 3 fatty acids help lower levels of depression.

Cook With Mushrooms

There are several species of mushrooms that have immune-boosting health benefits. Mushrooms have naturally-occurring antibiotics. This gives them medicinal properties, which helps to fight diseases.

Eat More Fiber

Soluble fiber found in apples, oats and nuts is an important way to decrease inflammation and boost

immune system function. It also helps reduce cholesterol levels in the body, aids in weight loss and protect against diabetes.

Eat Green Vegetables

Sticking primarily to vegetables and fruits that are dark green and orange is important in ensuring you're getting healthy nutrients, sugars and fats. Spinach, kale, squash and carrots are all delicious during the winter.

Cook with Spices

Onions, garlic, ginger and cilantro are the perfect items to add flavor to your dishes. Not only do they make food taste great, but they're also shown to help improve immune function. Turmeric helps to combat a number of conditions including inflammation and heart disease, and it acts as a powerful antioxidant.

Workout at Home

There are plenty of online resources that provides fun workout videos and exercises. These resources offer a variety of workouts including yoga, aerobics and body-weight exercises. You can get fit in the comfort of your own living room.

Send us your feedback on: corpcomm@ieema.org