



Get Fit. **Life Tip.**

Help Prevent the Common Cold

Fall has started which means cold and flu season is just around the corner. Public transportation, phones, keyboards, doors, gyms, restrooms are just a few of the many places that bacteria and viruses thrive. Try some simple tips on staying healthy through the colder months.

- Take 1000-3000mg of vitamin C daily
- Be sure to sanitize your hands after touching public surfaces (weights, doorknobs, handrails, etc.)
- Drink plenty of fluids (water preferably). It helps to flush out the toxins in your body and hydrates you at the same time.
- Wash your hands several times especially before and after every meal, after using the washroom and shaking hands
- Cover your mouth when sneezing or coughing. Be sure to wash your hands after.
- Get plenty of rest and sleep
- Eat healthy! Eating healthy provides your body with the nutrients it needs to keep the immune system strong.
- Keep it clean. Disinfect your spaces whether its your office, car, or house.
- Eat yogurt to help increase your good bacteria
- Stay active at the gym or any other physical activity

Learn more and sign up for classes at www.bwittegetfit.com

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