

Fun Fact of the Week

5 Tips To Help You Stay Healthy In Changing Weather*

Sunny one day; rain the next. Add in morning breezes and evening storms, and you've got the usual unpredictable forecast that seems to accompany changing seasons.

While it's difficult enough to match your wardrobe to the forecast, fluctuating weather patterns and changing temperatures can leave you feeling ill to boot.

Here are a few tips to ramp up your health when the weather begins to wreak havoc on your health:



1. Drink up

Fresh fruit juices rich in vitamin C are a great way to start off the morning; the extra C-boost will kick your immunity-fighting ability into gear. Add honey to juice to soothe a sore throat that has fallen victim to changing conditions. Similarly, drinking several glasses of water a day is necessary to protect your body from illness and disease by flushing toxins and helping you to absorb nutrients. Aim for two to three liters of water per day, or approximately half your body weight in ounces.

2. Clear the air

Seasonal weather changes can exacerbate allergy symptoms as pollens and molds start to float through the air. But did you know the air inside your home can be five times more polluted than the air outside? Decluttering and equipping your HVAC system with a high-efficiency HEPA filter can also go a long way in reducing the presence of dust and dust mites. For best results, change your filter as recommended by the manufacturer. Similarly, installing a whole-home air filtration system, like the Lennox PureAir™ Air Purification System, can dramatically improve indoor air quality and set you off on the path to better health.

3. Exercise outdoors

Keeping an active lifestyle and getting a little fresh air is essential to good health. Not only does a daily workout help to eliminate winter doldrums, it can also keep you in great shape. Try to get at least 30 minutes of exercise each day. When it's just too cold to go out, try an exercise video, do a little yoga or lift weights indoors.

4. Rest

If you are waking up feeling less than refreshed and reenergized, chances are you're not getting the high-quality sleep you need. Aim for seven to eight hours a night; sleep offers the body a chance to rest and repair, strengthening your immune system and eliminating toxins.

5. Mind the weather—and your wardrobe

People are most at risk of becoming ill during periods of seasonal transition. That's because as outside influences such as weather conditions change suddenly, the body's regulation mechanisms can be caught unaware, triggering changes in temperature that affect the immune system as it tries to keep up. To alleviate the toll on your body, dress in layers during seasonal transitions; add and subtract as needed.

*<https://www.lennox.com/lennox-life/comfort-matters/tips-and-maintenance/5-tips-to-help-you-stay-healthy-in-changing-weather>