



VERDE NUTRITION CO

WINTER IMMUNITY SUPPORT FOR THE *Workplace*

Introduction

Winter often brings a surge in illnesses, making it essential to take steps to support your immune system, especially in the workplace. This guide provides practical tips to help you stay healthy and productive throughout the winter months.

Why Winter Health Matters for Office Workers

- Increased risk of respiratory infections.
- Shared spaces and limited ventilation in offices can spread illnesses.
- Importance of maintaining productivity and morale during winter.

PRACTICAL IMMUNE-SUPPORTING STRATEGIES AND WELLNESS TIPS

Immune-supporting Strategies



1. **Eat Enough:** Ensure sufficient calorie and nutrient intake.
2. **Get enough Vitamin C:** Incorporate citrus fruits, capsicum, and berries.
3. **Zinc Intake:** Include nuts, seeds, seafood, lean meat, legumes, and wholegrains.
4. **Vitamin D:** Get your Vitamin D levels checked and consume oily fish, sun-exposed mushrooms, dairy, fortified foods, and consider supplements.
5. **Prioritise Sleep:** Aim for 7-9 hours of quality sleep per night.
6. **Gut Health:** Eat a diverse range of plant-based foods.

Wellness Tips for the Workplace

1. **Regular Exercise:** Desk exercises, office-friendly yoga, or gym memberships.
2. **Manage Stress:** Practise mindfulness, deep breathing, and meditation.
3. **Stay Hydrated:** Keep a water bottle at your desk.
4. **Create a Sleep-Friendly Environment:** Maintain a regular sleep schedule and comfortable sleeping space.



Employer Strategies

1. **Improve Air Quality:** Use air purifiers and ensure proper ventilation.
2. **Promote Healthy Practice:** Encourage breaks, balanced meals and hydration.
3. **Wellness Programs:** Incorporate employee health programs that help employees improve their health, introducing initiatives such as nutrition education programs, psychosocial safety and mental health support.

Employer Strategies

Implementing these strategies can help create a healthier, more productive workplace during the winter season.

For more tips and detailed information, book a consult at verdenutrition.co or email admin@verdenutrition.co



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