



Healthy Eye for a Good Vision

Your eyes are an important part of your health. You can do many things to keep them healthy and make sure you're seeing your best. Follow these simple guidelines for maintaining healthy



eyes well into your golden years.

Have a comprehensive eye exam.

Maintain your blood sugar levels.

Know your family's eye health history.

Maintain a healthy weight.

Wear protective eyewear.

Quit smoking or never start.

Be cool and wear your shades.

Give your eyes a rest.

Clean your hands and your contact lenses properly.

Practice workplace eye safety.

Eat right to protect your sight.

Winter is Approaching...

To stay healthy and fit throughout the coldest months, follow these tips:

- **Eat More Immune-Boosting Foods**

Having a strong immune system is essential for maintaining a healthy body in the winter and throughout the entire year. One of the easiest ways to do this is to include more nutrient-packed and antioxidant-rich foods in your diet.

- **Add More Herbs and Spices to Your Meal**

Your immune system needs all the help it can get to stay strong and protect you from sickness. Aside from eating fresh fruits and vegetables, lean proteins, and fatty fish, add more spices and herbs to your meals and diet. Spices such as cloves, ginger, and pepper have anti-inflammatory and antiseptic properties.

- **Continue Exercising**

Exercising enables the immune cells to circulate throughout your body. This allows them to seek and destroy infections faster. As a result, you will be able to fight various ailments more effectively.

- **Stay Hydrated**

Although you may not sweat a lot during the cold season, you still need to drink plenty of water, even if you don't think you need it. Keep in mind that the human body is made up of 70% water. As such, you have to stay hydrated to ensure all parts work properly. Drink at least eight glasses of water every day. You can also boost your fluid intake by consuming hot soups, sipping herbal tea and fresh fruit juices.

- **Take Care of Your Skin**

Your skin will be prone to drying during winter. As such, it is essential that you take care of it during the cold season too. Even if the sun is not out, wear sunscreen. Use one with moisturizer on your face to keep your skin from flaking and drying out

- **Get Plenty of Quality Sleep**

When you get plenty of quality sleep every night, you enhance your immune function. As a result, you will be less prone to getting sick during winter. Additionally, sleep helps improve your concentration and productivity.