





# Seasonal Illness Prevention

## Embrace Autumn with Resilience


By incorporating these immune-boosting strategies into your daily routine, you'll be better equipped to ward off seasonal illnesses.

### Boost Your Immune System Naturally

#### Immune-boosting foods like:

- Citrus fruits 
- Dark leafy greens 
- Yogurt, kefir, and other probiotic-rich foods 
- Garlic, ginger, and turmeric 

### Proper Hygiene

- Wash your hands frequently 
- Regularly cleaning
- Disinfecting frequently touched surfaces
- Cover your mouth and nose when coughing or sneezing
- Get vaccinated

### Self-Care and Mental Health:

#### Regular Exercise:

- Improves circulation, helps flush bacteria out of the lungs and airways

#### Sufficient Sleep:

- Quality uninterrupted sleep (7-8 hours)

#### Stress Management:



- Chronic stress can weaken the immune system, making you more susceptible to illnesses.

**Remember, prevention is key.**

Relax 

### Did You Know?

#### Events:

- MWC Exercise Class  
HIIT that Strength  
 September 11th
- MWC Flu Clinic  
 September 19th





#### Visit Nurse Practitioner for:


- Allergies & Respiratory Issues
- Education and Prevention
- Seasonal Affective Disorder
- Symptom Management
- Vaccinations


Click [here](#) to schedule appointment with the MWC Nurse Practitioners.

### Health Notes

 Autumn's Hidden Enemy: For the itchy truth about fall allergens click [here](#).

 Harvard scientists reveal that this simple mineral can supercharge your immune system and protect you from all illnesses! Click [here](#).

 Immune-Boosting Self-Care: Learn the secrets from Mayo Click [here](#).

 Sick of Being Sick? Here's what REALLY works for beating the cold! Click [here](#).



### A Focused Look

## MYTHS & FACTS

### About Getting Sick in the Fall

**Myth:** Cold weather directly causes colds and illnesses.

**Fact:** Viruses cause illnesses. Colder temperatures might weaken the immune system, making us more susceptible.

**Myth:** Allergies only happen in spring.

**Fact:** Fall can bring its own set of allergens, like ragweed pollen and mold spores.

**Myth:** You can "sweat out" a cold.

**Fact:** Exercise can boost your immune system, sweating excessively won't directly cure a cold. Rest, hydration, and proper nutrition are more effective.

**Myth:** You don't need sunscreen in the fall.

**Fact:** UV rays are present year-round, and unprotected sun exposure can lead to skin damage, even on cloudy days. Sunscreen is important regardless of the season.

### A Word From Our Affiliate

#### Intensive Participation in a Single Sport: Is It Good or Bad for Kids?

The school year is just around the corner, which means sports team tryouts are not far behind. From swimming to soccer, there are many sports for our children to choose from, but is it best to focus on just one?

Click [here](#) to learn more.

### Rehab Corner

#### Unlock Your Strength and Flexibility!

Discover the transformative benefits of this essential exercise that targets your posterior chain. Learn how to perform the hip hinge correctly and incorporate it into your workout routine.

Click [here](#) for video.

