

How to stay healthy and feel good during the fall days?

Autumn is a special time when we are particularly exposed to harmful viruses and bacteria. Fortunately, applying a healthy lifestyle can protect you from the flu and colds, and also keep you feeling good. Why is it worth supplementing with vitamin D3? What hygiene rules should be followed to minimize the risk of contamination? You will find answers to these questions and suggestions on effective ways to strengthen your resilience later in the text.

In this article you will learn:

- What rules of a healthy diet to follow in order to enjoy good health during the fall;
- Why is it worth following physical activity systematically;
- What hygiene rules should be followed to minimize the risk of infection during colds and flu;
- Is it worth supplementing with vitamin D3.

What rules of a healthy diet should be followed in order to enjoy good health during the fall?

Healthy eating has an extremely important effect on our immunity. Therefore, following the latest recommendations of the Food and Nutrition Institute is able to minimize the risk of contracting viral infections. Below we have prepared a set of the 10 most important principles of healthy eating for you:



- First: Eat 4-5 wholesome meals a day at regular intervals;
- Second: Try to eat 4-5 servings of vegetables and 1-2 servings of fruit each day;
- Third: Limit your red meat consumption and try to introduce fresh sea fish into your diet;
- Fourth: replace animal fats with those of plant origin;
- Fifth: Instead of "white" bread and pasta, choose products that contain whole grains;
- Sixth: Eat legumes (broad beans or beans) at least 3 times a week;
- Seventh: Do not forget to provide the body with adequate amount of fluid, preferably in the form of water (about 1.5-2.0 liters per day). Give up drinking sweet drinks, especially sweetened carbonated drinks;
- Eighth: Include nuts, seeds, and grains in your diet;
- Ninth: Limit the consumption of salty and sweet snacks;
- Tenth: Instead of frying, bake in the oven or steam it.

Why is it worth following physical activity systematically?

In light of the recommendations of the World Health Organization (WHO), adults should spend a minimum of 40 minutes each day for any moderate-intensity physical activity. Compliance with the above recommendations not only ensures our well-being and a healthy appearance of the figure, but is also responsible for strengthening our immunity and preventing cardiovascular diseases. In the fall, we

do not have to give up outdoor sports. During this time, you can go for a long walk "with poles" or for a picturesque bike ride in the forest. In addition, we can perform physical exercises in the comfort of our home. For example, on a mat while watching your favorite series or on a special stationary bike.

