

5 tips FOR WINTER WELLNESS

MegaFood
Fresh From Farm To Tablet™

1 EXTRA SLEEP



take the time for extra sleep

With the shorter, cooler days and longer nights, our bodies naturally need more sleep. Try going to bed 30 minutes earlier than usual in the winter months. A sleep deprived body is more susceptible to illness.

get outside and exercise

Bundle up, and take a walk. Even a 15 minute walk can make a difference. Exercise naturally supports a healthy mood and energy levels.



EXERCISE OUTSIDE

2

3 STAY SOCIAL



stay social

The winter months can naturally cause people to turn inward and be more isolated. Make a date with friends or a family member at least once a week to keep spirits high.

eat protein at each meal

Protein helps keep blood sugar levels stable, and can reduce sugar cravings. Many people increase carbohydrate and sugar intake during winter months, which can compromise the immune system.



EAT PROTEIN

4

5 FRUITS & VEGGIES



focus on fruits and vegetables

While the Farmer's Market may be closed and your garden is under snow, it's more important than ever during the winter to get a wide variety of fruits and vegetables every single day. Think 'eat like a rainbow' when you are grocery shopping.

Make sure to get extra Vitamin C. Enjoy a smoothie rich in C with ingredients like oranges and strawberries. Give yourself an easy nutrition "boost" with a scoop of MegaFood Daily C-Protect featuring immune supporting botanicals with a blend of fresh organic whole oranges, organic blueberries and organic cranberries.* (See recipe below)

MEGAFOOD'S VITAMIN C BLASTER SMOOTHIE

- 10 oz water
- 10 oz coconut milk
- 1 large, or 2 small oranges, with pith
- ½ pint of organic strawberries
- 2 scoops of MegaFood Daily C-Protect Nutrient Booster Powder**
- Handful of ice



