

Your Body's Got Your Back!



Looking after your body, so your body can look after YOU



5 easy things you can do today

As we head into the winter when colds, bugs and the flu become more common, the best and safest way to protect ourselves from getting sick is to make sure our amazing natural defences are running at full power...

...and that just takes a bit of **S.E.N.S.E!**

S

Sleep. Our body repairs and regenerates when we sleep. We should have at least 8 hours a night so our body has time to do everything it needs to.

E

Exercise. What you don't use, you lose! Working our heart and muscles every day keeps them strong and healthy.

N

Nutrition. A balanced diet of vitamins, minerals, fats, carbs and proteins is essential. Our body also creates vitamin D when we get sunshine on our skin! In winter when it's darker and we spend more time inside, it's a good idea to take a supplement, especially for those with darker skin.

S

Stress. It's super important to make time to properly rest and relax, because too much stress can be really harmful. Regularly take breaks from social media, switch off your phone and do something that recharges YOUR battery.

E

Embrace. Hugging and just hanging out with friends and family (in real life!) feels good, builds our 'adaptive immunity' (by sharing bugs and microbes) and actually releases stress reducing hormones (and you thought it was just good fun!).

Learn more - safertowait.com/natural-health-kids

Your body's amazing,
so show it some love,
you won't regret it!

#SENSE

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