

Positive Pulse

Your monthly dose of advice on healthy living

December 2017

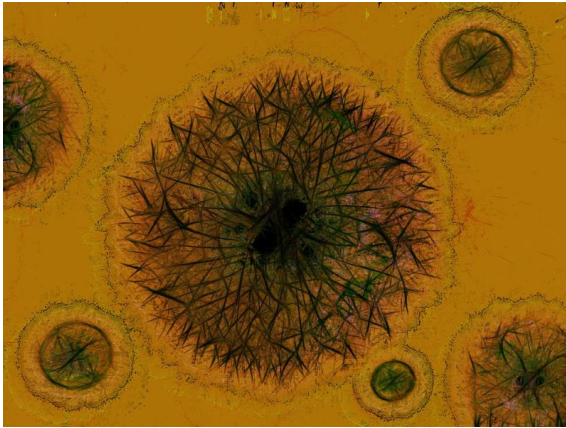
WINTER WELLNESS



'Tis the season to be jolly, but unfortunately, it is also a time for colds and flu! When temperatures drop, viruses can spread; if your immune system isn't up to the task, you're likely to catch the latest bug in your area. There are many simple steps you can take to ward off sickness:

- The term "germs" refers to the microorganisms that can cause disease. Because they are too small to see with your eyes, it is important to practice good hygiene so that you can reduce contact with germs.

- Keep your immune system as strong as it can be to help fight off any germs or illnesses. If you do start to get sick this will also help your body fight it fast so you can get back to your life.
 - Winter cold can be dangerous if you are not prepared. You want to make sure you are dressing appropriately for the weather and for the activities you will be doing.
-



Avoid Spreading Germs

Cover Your Coughs

Cough into your elbow, not your hands. This will prevent the spread of germs in two different ways. It will block the germs that are coming out of your mouth and it will keep your hands germ free.

Limit Interaction with Public Objects

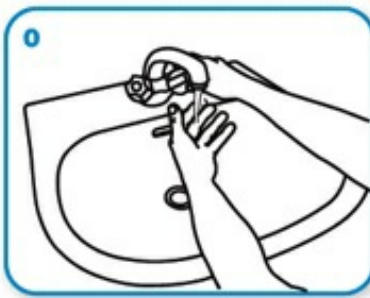
Cold and flu germs are easily passed through hand-to-hand contact. Any way you can avoid touching public objects will limit your risk.

Carry Hand Sanitizer

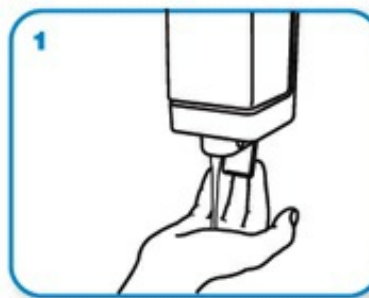
When researchers from Children's Hospital in Boston studied 292 families for 5 months, they found that those who carried hand sanitizer with them had 59% fewer cases of stomach bugs than nonusers. When used correctly—squirt out enough gel so your hands still feel damp after rubbing together for 10 to 15 seconds—these products nearly eliminate germs.

Wash Your Hands

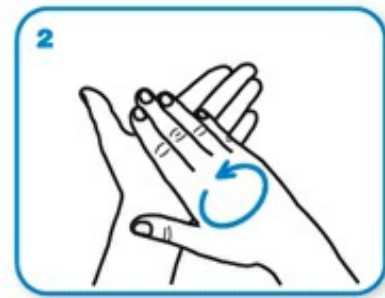
Hand sanitizer is not a replacement for hand washing! Follow the steps below from the World Health Organization to make sure you are washing your hands correctly. Note that washing your hands properly takes about as long as singing "Happy Birthday" twice.



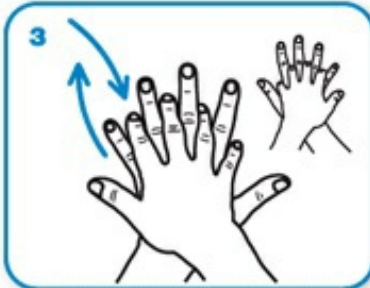
Wet hands with water



apply enough soap to cover all hand surfaces.



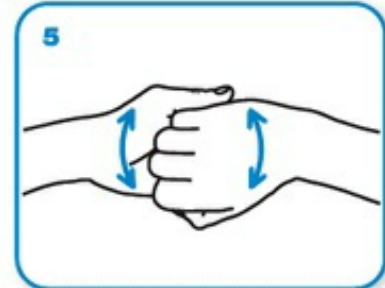
Rub hands palm to palm



right palm over left dorsum
with interlaced fingers
and vice versa



palm to palm with fingers
interlaced



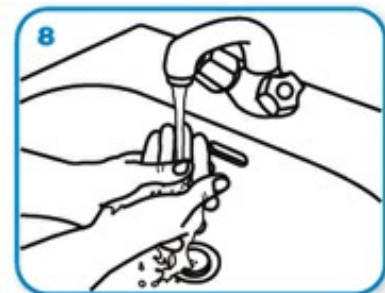
backs of fingers to opposing
palms with fingers interlocked



rotational rubbing of left thumb
clasped in right palm
and vice versa



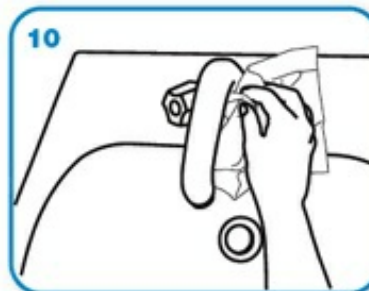
rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.



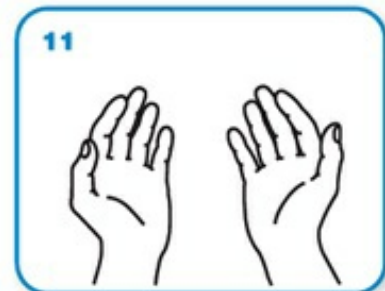
Rinse hands with water



dry thoroughly with a single
use towel



use towel to turn off faucet



...and your hands are safe.

Keep A Healthy



Routine

Healthy Habits

To keep your immune system strong, you want your body working the best it can. Make sure you are exercising and eating healthy. If you do start to get sick this will help your body fight it fast so you can get back to normal.

Stay Hydrated

Make sure you are drinking enough water. It is important to make sure you replenish the water in your body throughout the day.

Take a Daily Multivitamin

Look for one with 100% of the recommended daily values of vitamins A, B6, B12, C, and D and the minerals chromium, copper, folic acid, selenium, calcium, and zinc. Take your multi during a meal that contains a bit of fat so you can absorb the nutrients better.

Get a Flu Shot

An influenza vaccination can reduce the risk of flu illness by 50 to 60% in the general population and can decrease the severity and side effects if you get sick.

Get a Good Night's Sleep

None of the above will help you if your body is too tired to fight off infections. Make sure you are getting at least 8 hours of sleep each night so you are well rested.



Dress Appropriately

It is important to stay warm in the winter, especially during cold weather activities outdoors. You'll lose body heat from any part of your body that is exposed, so keep covered! Key winter wardrobe items include a **Coat or Jacket, Scarf, Mittens or Gloves, Sweater, Pants, Warm Socks, and Boots.**

The graphic below (based on Merino wool, but you can use other fabrics) points out the three kinds of layers you should consider wearing to stay warm:

a base layer to wick moisture away, a mid layer to trap heat, and a waterproof outer layer for protection against the cruel elements.

Layer Up Like A Pro This Winter

Your Helpful Guide To Layering With Merino Wool

Somewhere in the evolution of the active adult, a myth popped up and never quite went away: you have to dress yourself in countless layers to stay warm. Fortunately, it's not true, and there is no need to put on half of your closet once the temperature drops. Take a look at our infographic to find out how Merino wool, nature's best lightweight insulation system, can save you this winter.

1

BASE LAYER WARMTH & MOISTURE CONTROL

Consider the base layer your second skin. The goal is to regulate body temperature by moving perspiration away from your skin. The versatility of natural Merino wool is cool in the summer and helps avoid succumbing to hypothermia in the winter.



- ▶ Your base layer should fit close to your body. Choose a soft, comfortable, natural fabric in a snug-fitting style and it will literally become your second skin.
- ▶ Treat your skin to natural fabrics, like Merino wool—nature's miracle fiber.
- ▶ Merino wicks away moisture, breathes, doesn't itch or smell—even if you wear it multiple times between washes.



- ▶ Plastics aren't just bad for the environment. Wearing polyester and similar plastic fabrics against your skin creates global warming in your personal microclimate.
- ▶ Avoid cotton too, as the fabric retains sweat—leaving you chilled, which isn't even remotely chill.



2

MID LAYER INSULATION

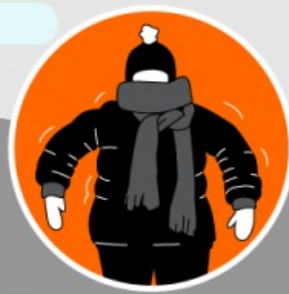
The goal of the mid layer is to retain heat. Trapping air close to your body helps, and natural fibers, such as merino wool are insanely good at this.



- ▶ Make your layers work for you—not against you.
- ▶ Trap heat like a pro, using an insular, breathable Merino mid layer to ensure maximum warmth and comfort.
- ▶ Combining lightweight Merino layers means you get maximum warmth with minimum bulk.



- ▶ Mixing and matching fabrics (such as Merino and cotton or polyester), cancels out Merino's benefits.
- ▶ Don't layer synthetics that can trap heat, leaving you stuffy and uncomfortable.
- ▶ Don't confuse quantity with quality—more layers of the wrong fabric won't give you the comfort and warmth the right, lightweight Merino layers can.

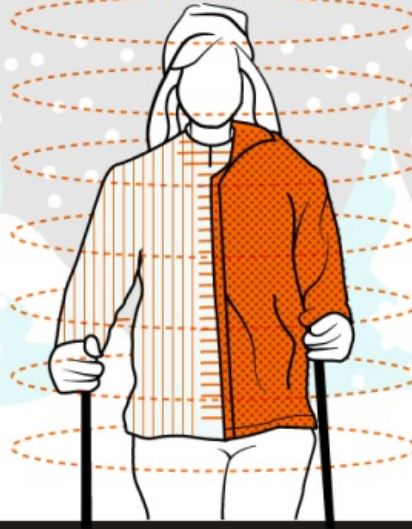


OUTER LAYER WEATHER PROTECTION

The outer layer protects you from wind, rain, snow, meteor shower, the cruel realities of everyday life, you name it.



- Think ventilation. Without it your perspiration can't evaporate and will condense on the inside of your outer layer like a sauna.
- Pick an outer layer that works with and enhances the properties of your base and mid layer such as a Merino-filled insulator or Merino-lined shell.



- Don't confuse bulk and warmth. Merino filled outer layers keep you warmer than a poly-filled puffy coat.
- Don't rely solely on your outer layer for warmth. The secret to layering like a pro starts with the right layer next to your skin.



Base + Mid + Outer = Sorted for Winter

With winter fast approaching it's never been more important to finally dispel the layering myth. Thicker and bulkier layers won't keep you dry and warm, neither will synthetic or cottons. Instead, nature provides the most naturally technical fiber in the world—Merino wool. Here's to never being too hot, cold, smelly or sweaty. You're always just right.

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 COLUMN FIVE


icebreaker[®]
MERINO

Stay Warm, Happy and Healthy!

2018

HAPPY NEW YEAR



The Horizon Foundation for New Jersey

The Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.



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A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
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