

Mayo Clinic Minute

Practical tips for a healthier winter

Video	Audio
	In winter, you might be tempted to hunker down and wait for it to end. But Dr. Brent Bauer says embracing winter is one of three ways you can make the season healthier and happier.
Brent Bauer, M.D. General Internal Medicine Mayo Clinic	"The No. 1 thing is we still have to stay active."
	If you have the right gear, head outside for a breath of fresh air. Join a gym. Or simply turn up the tunes and dance.
	"The second thing is we do know that colds and flu are much higher in the winter months, and that tracks very closely with the humidity level. So as humidity goes down, colds and flus go up."
	Dr. Bauer suggests setting your home humidity level at 40% to 50%. The third thing is vitamin D.
	"We get our vitamin D from the sun. Most of us don't get a lot of sun in the winter. So many of us start to see low vitamin D in the winter months, and there's a few studies that suggest low vitamin D may make you more susceptible to colds and flu."
	Dr. Bauer does not recommend everyone take vitamin D. But if you're over 50, consider having levels checked.
	"If it's low, we put them on vitamin D at least through the winter months to try and give them that little extra boost."

For the Mayo Clinic News Network, I'm
Vivien Williams.