



Keep Your Health on Track This Winter with These Tips:

- **Winterize your exercise.** If you live in colder climates, try cross-country skiing or ice skating. Be sure to bundle up!
- **Beat the winter blues.** If you think you might be depressed, talk with your doctor.
- **Protect your skin.** Use warm water, keep showers short, and moisturize afterwards.
- **Wash your hands often.** If soap and water aren't available, use an alcohol-based hand sanitizer.
- **Get a flu shot.** It's more important than ever to stay healthy and protect yourself against illness.

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