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**Keep well this winter**

As the night’s start to draw in it’s time to get ready for winter. There are lots of things we can all do to help us keep well this winter and avoid, as much as possible, the usual winter illnesses.

Eating a wide range of vegetables, fruit and protein will help you keep well this winter. Aim to eat a rainbow of fruit and vegetables to make sure you get a broad range of vitamins and minerals. And try to eat at least two portions of fish a week (including at least one portion of oily fish – bring on the tuna sandwich!).

Make sure you drink lots of water and keep well hydrated. The government recommends drinking 6 to 8 glasses of water every day.

Keep active. Regular exercise is important for your health and wellbeing and will help you keep well this winter. You don’t have to run a marathon, short walks can help you to keep well.

And just in case you do fall ill, make sure your medicine cabinet is ready for winter. Is your medicine cabinet ready for winter? Your pharmacist can advise you on which medicines you should have in your cabinet to help you and your family through winter.