

# BOOSTING IMMUNITY



healthy **LIFE**<sup>™</sup>  
for

With cooler weather on its way we all need a survival guide to staying healthy. Follow our tips to get prepared for the cooler days ahead.

### Get Enough Vitamin D

Vitamin D from the sun's rays helps to jump start our body's natural defences. But during the colder, shorter days of winter getting vitamin D from the food we eat becomes even more important. Make up for the lack of sunlight with vitamin D from oily fish such as salmon, sardines and mackerel, red meat and eggs. Also, brave the cooler days and get outside for a natural dose of the sunshine vitamin.

### Snack Smart

With the nights drawing in we tend to spend more time indoors which can mean we tend to snack more. So set a regular snack-time as part of your daily routine and stick to it. This will help you avoid mindless snacking. Try to include fruit and vegetables as part of your snacks.



### Boost Your Immunity

Improve your chances of staying healthy all winter long with immune boosting foods. A balanced diet that includes foods high in antioxidant vitamins A, C and E is a great way to help build your defences. Try sweet potatoes and carrots for vitamin A. Get your vitamin E from nuts, seeds and avocados. Eat citrus fruits to provide a daily dose of Vitamin C. For all three antioxidant vitamins in one power food, go for spinach.

### Make an Autumn Fitness Plan

Moderate exercise supports our immune system so make the most of the early autumn days to get into a good fitness routine before the colder weather arrives.

If you're a beginner, walking is the easiest way to get started on a fitness plan. If you already walk, think about a more challenging route or joining a walking club. If you currently work out at a local gym, consider joining classes, like aqua or dance workouts, for more fun and exercise.

If you prefer to exercise indoors rather than brave the cold; consider a workout video featuring your favourite dance routine.

Dance videos range from ballet to ballroom and from Latin to hip-hop. If dance isn't your thing, try yoga, Pilates or a gym session.

### Get a check-up

Autumn is the perfect time to see your doctor for an annual physical and any needed age or gender related screening tests.



### Keep Up Your Sun Cream Routine

Keep applying sun cream to the few areas that are exposed to the sun when you're out in cooler weather for extended periods of time.

Your face and hands still need protection from UV rays during the autumn and winter.

Some sun creams can also help protect your skin from exposure to wind, snow and cold.



### Get a good night's sleep

A good night's sleep is important if you want to help your immune system stay on top form.

Studies show that sleep deprivation can have a negative impact on our immune system and interfere with the body's ability to fight infection.

Long term sleep deprivation may also increase the risk of developing chronic health conditions such as diabetes, heart disease and stroke.

The optimal amount of sleep for adults is between seven and ten hours but more isn't always better as it may result in poorer quality sleep.



### Enjoy a good giggle!

Good news! Evidence shows that laughter can boost our immune system. Not only does it boost antibodies but it reduces stress, which can have a negative impact on our immune system, leaving us more susceptible to infections.

Laughter also causes feel-good endorphins to be released which replaces the anxiety and stress response leaving us feeling relaxed and happy.

Make some time to enjoy a good laugh with friends, family and colleagues or watch some comedy to give your immune system a boost.



# Thai chicken and sweet potato soup

Serves 4

## Ingredients

- 1 tsp olive oil
- 2 garlic cloves, chopped
- 1 red chilli, deseeded and chopped
- 2cm chunk root ginger, chopped
- 1 stalk lemongrass, bashed
- 1 x 25g pack coriander, leaves and stalks chopped separately
- 2 tbsp red Thai curry paste
- 750ml chicken stock (made with 2 stock cubes)
- 1 small can (160ml) coconut cream
- 500g sweet potato, peeled and roughly chopped
- 2 skinless chicken breasts, sliced
- 1 lime, juice only
- 1 tsp sugar
- ½ tsp fish sauce
- Crusty bread, to serve (optional)

## Nutrition per portion:

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
360	18.1g	12.4g	30g	10.8g	3.2g	19.2g	2.1g

## Method

1. Heat the oil in a large saucepan. Add the garlic, chilli, ginger, lemongrass, coriander stalks and curry paste and cook for 2 - 3 minutes until the aromas are released.

2. Add the chicken stock, coconut cream and sweet potatoes and cook for 15 minutes or until the potatoes are soft. Remove the lemongrass and discard. Carefully transfer to a blender and blitz until smooth. If freezing, for best results freeze at this point, otherwise as an easier option freeze complete recipe.

3. Return to the saucepan, add the chicken and cook gently for 5-10 minutes or until the chicken is cooked through. Stir through the lime juice, sugar and fish sauce, scatter with the coriander leaves and serve.

