


SEPTEMBER

Bolton Wellness Newsletter


This month, we're focusing on *FALLing* into healthy habits that will help us feel our best and fend off whatever bugs this season may bring.

FLU SEASON...


...it's in full effect. With kids back in school, germs can easily make their way home, into the office and vice versa—it's a vicious cycle. Be intentional with keeping your living space, work space, hands and even your diet clean! Here are a few survival tips to help you in the coming weeks:




Hydration | Make sure you're drinking plenty of water and getting in your electrolytes. Drinking fluids will help flush out germs and bacteria, which helps mitigate your exposure to viruses. You can find electrolytes in drinks like coconut water, natural herbal teas or specific health drinks like [Greater Than](#).




Nutrition | In order to get peak performance from our bodies, we have to pay attention to what we put into it. Increase your intake of fresh vegetables (especially onions, carrots, garlic and bell peppers) and fruits (like oranges, blueberries, bananas and cranberries). Elderberry, honey and vitamin C are also beneficial, along with apple cider vinegar, which is said to help settle an upset stomach and kill bacteria.



Humidifier | As you fight off that stuffy nose, try using a humidifier in the bedroom overnight. Adding cool-mist moisture to the room can go a long way. Be sure to research how to avoid mildew build up if you do use a humidifier. If this is not an investment you're interested in, a steamy shower can do the trick as well!



Salt Water | Gargling with lukewarm water and a teaspoon of salt is said to reduce swelling in the throat and flush out irritants or bacteria. Try to do this twice per day.



Sleep | Rest is one of the most important solutions to allow your immune system to reboot and recover. Getting enough sleep allows your body to use its energy toward warding off viruses. If possible, try to stay home and rest to avoid getting worse or passing it onto loved ones or co-workers.

Eating For The Busy Professional!

September is already here and the school year is in full swing! Last month ([see last month's newsletter](#)), we covered meal prep solutions for the kiddos in hopes of making lunch packing duties enjoyable, educational and quick! Now let's talk about preparing dinner. For the working parent, or any individual, this no easy task. Here are some ideas to help make your at-home job a little easier.



Quick Dinners

A late night at work doesn't always have to result in fast food dinners. Bookmark some of these links below for quick and healthy dinner recipes.

[30 CLEAN DINNERS IN 30-MINUTES](#)

[QUICK & EASY HEALTHY DINNERS](#)

[50 HEALTHY RECIPES](#)

Reminder

Monday September 23rd
First Day of Fall

TIP

FLU SHOT

If you are a believer in flu shots, this is your reminder to stop by your local, in-network pharmacy for your annual vaccination. . If your company is looking to host an on-site Flu Shot Clinic for employees – go ahead and reference our [GUIDE](#) for assistance with this process.

 **BOLTON & COMPANY**

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